NOVEMBER 2010

Good Housekeeping

KEEPSAKE EDITION

Thanksgiving COOKBOOK

Best recipes from our 125 years
PLUS 15-minute centerpieces

Get it Free! The NEW way to "shop" online

Age-Proof Your Hair

Hide grays, boost color, add volume

HEALTHY Convenience FOODS

Which organics taste best



Kelly Ripa Fab at 40

Three kids, a still-sizzling marriage, and a new show: How the spunky star makes it all work (most of the time)

Fall's Best Coats

* Chic
* Slimming
* Super-Warm

SPECIAL REPORT

Why SALT may not be bad for you

WHY SOME FAMILIES FIGHT *LESS*

Their 3 secrets, p. 109



©JCP Media, Inc., 2010. All rights reserved.


LIZ claiborne
Satchel
$39.99
Sweater Coat
$45.00
Denim
Puffer Vest
$40.50
NEW LOOK.
NEW DAY.
WHO KNEW!
JCPenney®





walk into the fresh fragrance of lavender & vanilla

release the magic™ with motion-activated Sense & Spray®

glade®


glade.com
©2016 S.C. Johnson & Son, Inc. All rights reserved.
SC Johnson
A FAMILY COMPANY



made of AMERICA™ STETSON®

www.stetsoncologne.com

©2008 COTY US LLC

November

CONTENTS













On the Cover

Thanksgiving cookbook **156**
15-minute centerpieces **162**
Age-proof your hair **69**
Healthy convenience foods **51**
Why salt may not be bad **174**
Families that fight less **109**
Get it free! **117**
Kelly Ripa: fab at 40 **152**
Fall's best coats **168**

Cover photographed by Jack Guy. Hair by Oscar Blandi for oscarblandi.com. Makeup by Kristofer Buckle for The Wall Group. Manicure by Gina Eppolito for ginails.com. Prop styling by Scott Horne for Big Leo. Wardrobe styling by Katy Robbins and Faith Cromas. On Kelly: Dress by Elie Tahari, necklace from Kenneth Jay Lane, bracelet by Jewelmak, shoes by Jimmy Choo.

Photographs, clockwise from top: JACK GUY; KATE SEARS; RICHARD MAJCHRZAK/STUDIO D; istockphoto; Loubie Lou/Photonica/Getty Images; LARA ROBBY/STUDIO D.

Features

152 Kelly Ripa: Fab at 40 America's most energetic mom shares how she recharges her batteries, the get-happy secret her husband taught her—and what she's most grateful for By David A. Keeps

156 125th Anniversary Special: Our Thanksgiving Cookbook Classic and crowd-pleasing, these enduring dishes are all inspired by GH's past—and updated for your time-strapped life

162 15-Minute Centerpieces Set a festive table—fast—with no-fuss arrangements that bring the harvest home

168 Top Coats We chased down the season's most stylish, affordable options, then tested them in our GHRI labs. Here, the best scorers for keeping you warm, dry, sleek, and chic

174 The (Surprising) Truth About Salt The "villain" in our diets is being slashed from the food supply; here's what's wrong with that plan By Rachael Moeller Gorman

Good (Enough) Housekeeping

25 Easy Organizing Storing table linens

29 Speed Cleaning Mid-party stain smarts

31 Do It Smarter How *not* to kill houseplants

33 Total Time Savers Stop drafts...more

36 Ask Heloise Degunk stove grates • Spiff up the entryway • Remove sap from fabric...more

Good Health

41 Gratitude improves relationships • The price of staying bronzed • Hospital packing tips...more

44 Nutrition News Ideas for deskside dining • Cut snack addiction • Click through TV food ads

47 Drop 5 lbs Keep more weight off...more

49 Healthy in a Hurry Pork & gingered apples

51 Organic Food: What's Really Worth It GHRI asked 92 tasters, including some very picky kids, to choose their favorite pizza, mac 'n' cheese, soup, and more By Samantha Cassetty, M.S, R.D.

Good Buzz

61 Jennifer Lopez on dress-ups • Star Style: leopard scarves • Will Arnett organizes the fridge • Sarah Jessica Parker on a moment with her son • Alton Brown's harvest stew • Monica Potter's stay-slim snack...more

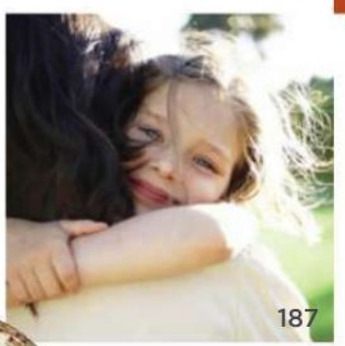


November

CONTENTS











In Every Issue

11 **Index** GH by topic
14 **The GH Seal** How it protects you
19 **On My Mind** Editor's note
87 **On Our Web Site**
234 **Good Shopping**

Good Looks

69 Gorgeous Hair at Any Age Restore shine and volume with these expert tips and picks By Abbie Kozolchyk
76 Beauty News The latest buzz in skin care...more
78 Good Deals Beauty Bargains for your beauty rest
81 Trends for Grown-Ups Classic, calf-swishing skirts
83 Good Deals Fashion Pretty, snuggly scarves

Good House

89 Idea File Cheese-grater centerpiece • Well-read accent table • Framed note board • Ribbon-belt napkin ties...more
101 Look for Less Safari-inspired living room

Good Family

107 News Young vegetarians' weight-loss diets • Teen pot smoking on the rise • Dial back your kids' screen time
109 Stop Fighting With Your Teen Slammed doors and screeching arguments are facts of life with a teen in your home. Here, how to defuse the fireworks By Debra Kent
117 Get It for Free! From DVDs to bicycles: Don't buy them—swap instead. Here's how By Leah Ingram

The Goods

125 Holiday Guest Prep Best GHRI-rated mixers, folding chairs, towels, blankets, and more for easy entertaining
136 On Your Side Baby stroller safety test...more

Good Advice

139 "Where *Are* My Keys?!" If misplacing things (and the panic attack that follows) is a regular part of your life, here's a look at some solutions By Dominique Browning
144 Ask Peggy Canceling online connections • New guest for Thanksgiving • Breaking a playdate pattern...more

Good Food

179 Preventing ice cream ice crystals • How to peel butternut squash • Express Lane: veggie frittata • 5 ideas for canned pumpkin • Taste Test: decaf coffee • Healthy Makeover: tiramisu • Wine Picks: Thanksgiving reds • DIY chocolate almond clusters • Supermarket Pick: cheese crackers • Test Kitchen Tip: Get the perfect jiggle in your gelée
213 Recipes in This Issue

Good Reads

187 Until We Meet Again Our comings and goings are framed by prayers of safekeeping By Kate Braestrup
190 Book Picks Our favorite new reads
197 Blog Savoring this year's to-do list By Karen Walrond
236 Blessings With oven mitt in hand, a son steps up to learn from the master By Michael Callahan

For *Good Housekeeping* subscription service, turn to page 222.

Photographs, clockwise from top: KATE SEARS, WENDELL T. WEBBER; RICHARD MAJCHRZAK/STUDIO D; J MUCKLE/STUDIO D; Tim Hall/cultura/Corbis; Veer.

©2010 P&G

Olay
Regenerist

*For firmer skin in 5 days,**



*this lightweight...*IS NO LIGHTWEIGHT.

NEW REGENERIST MICRO-SCULPTING SERUM

For firmer, lifted skin, challenge the need for heavy creams with this lightweight serum from Olay. It goes on surprisingly light yet gives you significantly firmer skin in just 5 days. Pretty heavy lifting for such a lightweight.

**With plumping hydration.*

OLAY. CHALLENGE WHAT'S POSSIBLE.™

promotion

BRING ON THE HOLIDAY CHEER

The fall ushers in the start of the holiday season and all that comes with it: prepping for festivities, cooking, shopping, presents and more. This year, let the experts from Good Housekeeping and P&G help you do it all for a little less with these insider tips.

TIP DIY YOUR OWN TABLE DECOR

It's fun and will keep the costs down. Place a tall, 8- to 12-inch pillar candle and holder inside a vase and surround it with fruits and nuts. Heaped with walnuts, cranberries, and kumquats, a cylinder vase displays festive flavors.

TIP STOCK UP

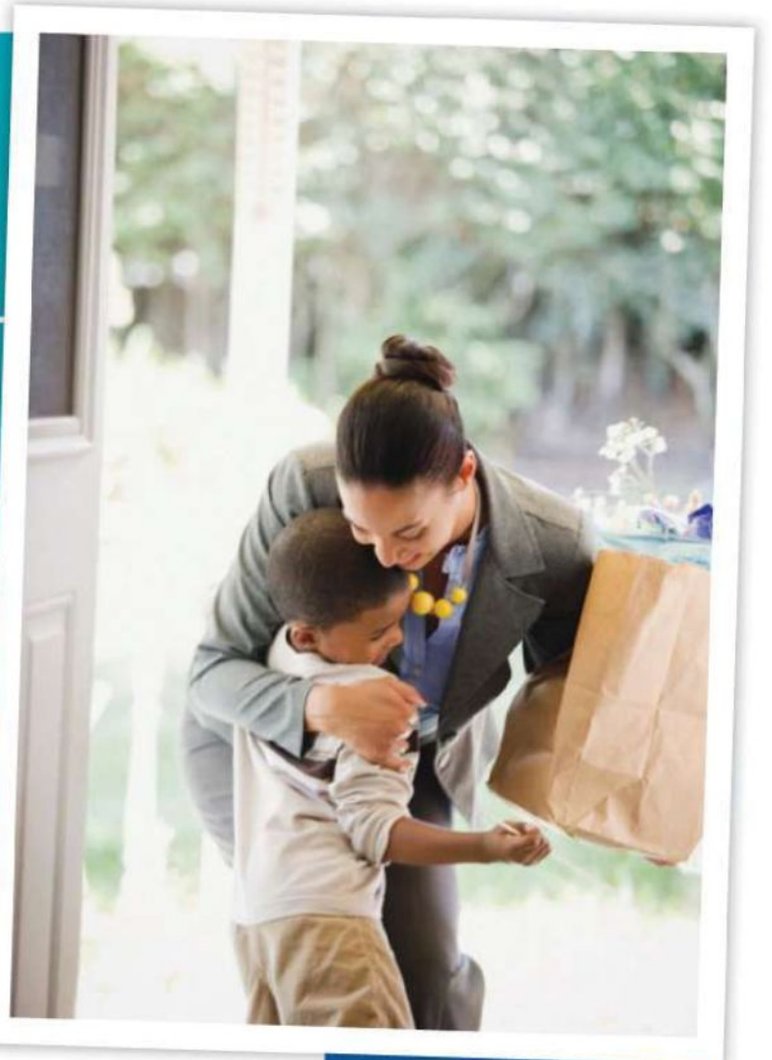
Now is the time to start saving money on holiday gifts. Check for sales and stock up now to save big bucks.

TIP CHECK YOUR LIST—TWICE

Making a list of all the ingredients you need for holiday meals will help you plan. You'll save money by looking for sale items ahead of time and save time by ensuring you get it all done at once.

TIP LOOK OUT FOR VALUABLE COUPONS IN SELECT P&G PRODUCT PACKAGES

You'll save with one stop purchases that contain big savings. In total, the money-saving coupons could save you up to $30.





LIMITED WARRANTY to CONSUMERS · GOOD · HOUSEKEEPING Since ★ 1909 REPLACEMENT or REFUND if DEFECTIVE

After evaluation by the Good Housekeeping Research Institute, Charmin, Crest 3D White Advanced Seal Whitestrips, Duracell, Mr. Clean, Olay, Pampers and Tide have earned the Seal.

FOR MORE GREAT DEALS AND INFORMATION, VISIT PGEVERYDAYSOLUTIONS.COM


Olay
Tens of thousands voted.
Olay came out the winner.
©2010 P&G
REGENERIST
DNA superstructure UV cream SPF 25
OLAY
dual action cleanser + pore scrub
PRO-X
age repair lotion with SPF 30
PRO-X
deep wrinkle treatment
PRO-X
wrinkle smoothing cream
PRO-X. Best Anti-Aging Kit.
In an independent study presented by Better Homes and Gardens, Olay was voted best across facial cleansing and anti-aging categories by thousands.* We're confident you're going to agree. Become a fan at www.facebook.com/Olay.
OLAY. CHALLENGE WHAT'S POSSIBLE.™
*Based on a national study among 50,000 conducted by BrandSpark International. Some participants in the survey, including Olay, paid a nominal application fee for consideration for the award. For more information, visit www.BestNewProductAwards.biz.
Better Homes
2010
BEST NEW PRODUCT
Voted by Consumers
powered by BrandSpark

With my cup of Twinings, even a rainy day feels brighter.



Ahhh, the rain. A perfect moment to sit back and savour a warm, soothing cup of Twinings tea. And we know a thing or two about rain. We've been in London for over 300 years, skillfully blending the world's finest teas just for days like this.

With over 50 varieties to choose from, our fresh taste, enticing aroma and exceptional flavour are sure to brighten any day. So curl up with a warm cup of Twinings and let it rain.

You deserve a better cup of tea.

©2009 Twinings North America, Inc.

www.twiningsusa.com

OVER 50 VARIETIES: CHAI ◆ CLASSICS ◆ COLD BREWED ICED TEA ◆ GREEN ◆ HERBAL ◆ ORIGINS ◆ PREMIUM BLACK



What's in This Issue

Beauty & Skin Care
69 Gorgeous hair at any age
76 Beauty News: new gray makeup, the season's best scents...more
78 Bargains for beauty sleep

Celebrities
152 Kelly Ripa on loving life at 40
61 J.Lo's daughter wears sparkles
61 Star Style: leopard scarves
63 Will Arnett on fridge organization
64 Megan Mullally stays centered
64 Sarah Jessica Parker's sweet moment with her son
64 Alton Brown's harvest stew
66 James Marsden on being romantic
66 Rashida Jones's turning point
66 Monica Potter's stay-slim snack

Cleaning & Organizing
25 Storing table linens
29 Mid-party stain smarts
31 How *not* to kill houseplants
33 Cleaning stainless steel
33 Clothes-hanger trick
33 How to stop drafts
36 Ask Heloise: spiff up an entryway, remove sap...more

Decorating & Crafts
162 15-minute centerpieces
89 Idea File: cheese-grater display, encyclopedia side table...more
101 Safari-inspired living room

Diet & Exercise
44 Curb snack addiction
42 Exercise in a natural setting
47 Drop 5 lbs: Burn more on a bike, low-cal cranberry sauce...more

Fashion
168 Warmest winter coats
61 Star Style: leopard scarves
81 Classic, calf-swishing skirts
83 Snuggly scarves

Food & Nutrition
156 125th anniversary cookbook
174 The surprising truth about salt
49 Healthy in a Hurry: pork
51 Organic food taste tests
64 Alton Brown's harvest stew
179 Prevent ice crystals in ice cream
179 Best way to peel butternut squash
179 Express Lane: veggie frittata
180 5 ideas for canned pumpkin
180 Taste Test: decaf coffee
183 Healthy Makeover: tiramisu
183 Wine Picks: Thanksgiving reds
184 DIY chocolate almond clusters
184 Supermarket Pick: cheese crisps
184 Test Kitchen Tip: gelée shortcut

GHRI Testing & Tips
168 Warmest winter coats
51 Organic food taste tests
74 Anti-aging hair treatment
125 Best stand and handheld mixers
126 Sturdy folding chairs
128 Durable bath towels
131 Choice cookware
132 Top stainless steel dishwashers
132 Fast, easy carpet stain removers
135 Blankets made to last
136 GHRI Investigates: baby strollers
136 Self-cleaning ovens demystified

Good Reads
187 Prayers of safekeeping
190 Book picks
197 Blog: Don't sweat the to-do list
236 Blessings: feast recipes for a son

Health & Wellness
41 Allergies + asthma = trouble
41 Gratitude builds relationships
41 Packing tips for a hospital stay
42 The price of staying bronzed
42 Preventing metabolic syndrome

Parenting
109 Stop fighting with your teen
107 Teen pot smoking on the rise
107 Unhealthy vegetarian diets
107 Dial back your kids' screen time
136 GHRI Investigates: baby strollers

Psychology
139 Solutions for misplacing things
187 Prayers of safekeeping
144 Ask Peggy: tracking playdates, canceling a connection...more

Saving Money
117 How to get anything (almost) free
78 Bargains for beauty sleep
101 Safari-inspired living room

Tech
107 Dial back your kids' screen time
125 Best stand and handheld mixers
132 Top stainless steel dishwashers

RECIPES

214 How we test recipes

Soups, Sides & More
47 Slimmed-down cranberry sauce
180 Pumpkin cinnamon muffins
180 Spiced pumpkin mash
180 Velvety pumpkin soup
200 Blue cheese–stuffed celery
200 Crisp corn breadsticks
200 Simple turkey stock
203 Mesclun with pears & pumpkin seeds
205 Chestnut-parsnip soup
205 Cranberry Port gelée
207 Citrus-apricot cranberry sauce
209 Creamed caramelized pearl onions
209 Green beans with mixed mushrooms
210 Cornbread stuffing
211 Herbed oyster stuffing
213 Sweet potatoes with marshmallow meringue
214 Potato–celery root mash
216 New World succotash

Main Dishes
49 Pork & gingered apples
64 Alton Brown's harvest stew
179 Veggie frittata
180 Chicken peanut stew
180 Sausage & pumpkin pasta
199 Roast turkey (♥) with giblet gravy (♥ ☺) or red wine jus (♥)

Desserts
183 Tiramisu
184 Chocolate almond clusters
216 Brown sugar pecan pie
219 Spiced apple pie
222 Pastry for 9-inch pie
223 Pumpkin crème caramel







Key
30 minutes or less ♥ Heart-healthy
☺ Low-calorie Make-ahead

Photographs by istockphoto (3)

Advertisment

Diamond Dazzle Stik™

Makes Diamond Rings Sparkle



Features and benefits.

The Diamond Dazzle Stik™ uses a premium twist-to-dispense click pen to deliver a specialized cleansing solution to a flow-thru brush. The unique brush makes cleaning behind diamonds and other precious stones easy. The high performance polymer contains micro-fine cleansers and polishing agents that fill in fine scratches on the setting, dramatically increasing the brilliance and sparkle of the diamond while reducing the future build-up of dirt. With regular use, the Diamond Dazzle Stik will improve the overall appearance of your diamond jewelry. It's simple and easy to use, *just twist, brush and dazzle.*

Bring out the bling.

CONNOISSEURS®

diamonddazzlestik.com

Good Housekeeping® 125 1885-2010

Rosemary Ellis
EDITOR IN CHIEF

EXECUTIVE EDITORS Jennifer L. Cook, Janet Siroto
DESIGN DIRECTOR Courtney Murphy **MANAGING EDITOR** Sarah Scrymser

EDITORIAL
HEALTH DIRECTOR Toni Gerber Hope
LIFESTYLE DIRECTOR Sara Lyle
ENTERTAINMENT EDITOR Cortney Pellettieri
LITERARY EDITOR Laura Mathews
SENIOR EDITOR Kathleen Renda
ASSOCIATE EDITOR Amy Roberts

EXECUTIVE ASSISTANT Shelly Watson
ASSISTANT EDITOR Annie Daly

EDITORIAL ASSISTANTS Libby Golden, Caylin Harris, Jacqueline Nochisaki, Kristen O'Gorman, Marnie Soman

CONTRIBUTING EDITORS Keith Ablow, M.D., Jenny Allen, Melissa Fay Greene, Heloise, Karin Lidbeck-Brent, Kyran Pittman, Peggy Post, M.J. Ryan

FASHION
DIRECTOR Christine Bibbo Herr
ASSISTANT Heidi Roman

BEAUTY
ACTING DIRECTOR Abbie Kozolchyk
ASSISTANT EDITOR April Franzino

HOME
ASSISTANT EDITOR Kim Moreau

ART
ART DIRECTOR Trent Johnson
DEPUTY ART DIRECTOR Miguel Rivera
ASSISTANT ART DIRECTOR Jason Seldon

PHOTOGRAPHY
PHOTO DIRECTOR Bill Swan
PHOTO EDITOR Jean E. Lee

ASSISTANT MANAGING EDITOR
Luke Braun

RESEARCH AND COPY
SENIOR EDITOR, RESEARCH Janie Matthews
ASSOCIATE RESEARCH EDITOR Clare Ellis
COPY CHIEF Barbara Dudley Davis
COPY EDITOR Benay R. Bubar

GOODHOUSEKEEPING.COM
WEB DIRECTOR James Oliver Cury
SENIOR ONLINE EDITOR Karen Pessoni
SENIOR CONTENT MANAGER Christina Buffamonte Gerbino

INTERNATIONAL EDITIONS **PRESIDENT & CEO** Duncan Edwards
VICE PRESIDENT/EXECUTIVE DIRECTOR Kim St. Clair Bodden **DEPUTY DIRECTOR/BUREAU CHIEF** Astrid O. Bertoncini **CREATIVE DIRECTOR** Peter Yates **EDITOR** Carol Cammero
CHINA Wendy Liang **GREAT BRITAIN** Lindsay Nicholson **INDIA** Manjira Dutta **INDONESIA** Budiana Indrastuti **KAZAKHSTAN** Svetlana Zakharenkova **LATIN AMERICA** Irma Murillo
PHILIPPINES Tisha Alvarez Angluben **RUSSIA** Maria Vinogradova **UKRAINE** Victoria Gordienko



...never goes out of style

FROM GOOD HOUSEKEEPING, *NOVEMBER 1996:*

"Eggs can be separated up to one week ahead and stored in a tightly covered container in the refrigerator. You can also save whites from recipes using only yolks, and **freeze them for up to one year** (thaw in refrigerator overnight)."



SUBSCRIPTIONS
Visit service.goodhousekeeping.com or write to Customer Service Department, Good Housekeeping, P.O. Box 6000, Harlan, IA 51593 *Printed in USA*

Photographs by Gareth Morgans/Stockfood Creative/Getty Images

Great Stiks in History.



Candle Stik
1100 BC



Lip Stik
1000 BC



Chop Stiks
550 BC



Pretzel Stik
1861



Pogo Stik
1919



USB Stik
1998



Diamond Dazzle Stik 2010™

Egypt brought you the candlestik. Babylon brought you lipstik. Today, Connoisseurs® presents the latest nominee into the stik hall of fame. Introducing the Diamond Dazzle Stik,™ the revolutionary diamond cleaner that fits in a purse or the back pocket of your tiniest jeans. Just twist, brush, and dazzle your diamond to a brilliant sparkle in less than 30 seconds. The Diamond Dazzle Stik.

Bring out the bling.

GOOD HOUSEKEEPING

diamonddazzlestik.com

YouTube

CONNOISSEURS®

GHRI

GOOD HOUSEKEEPING RESEARCH INSTITUTE

We evaluate products for the magazine and the Seal to make sure you get good value.



2,730

That's how many pieces of dinnerware, glassware, flatware, and cookware we dirtied to test the cleaning power of 15 dishwashers. Some of our formulas included a dried-on spinach-and-shortening concoction (shown), baked-on mac 'n' cheese, and coffee and lipstick stains. For the winning washers, see page 125.

DIRECTOR
Miriam Arond

TECHNICAL & ENGINEERING DIRECTOR
Stacy Genovese

FOOD DIRECTOR
Susan Westmoreland

FOOD
SENIOR FOOD EDITOR Genevieve Ko
ASSOCIATE FOOD EDITOR Catherine Lo
EDITORIAL ASSISTANT Jessica Fox
TEST KITCHEN ASSISTANT Sherry Rujikarn

NUTRITION
NUTRITION DIRECTOR
Samantha B. Cassetty, M.S., R.D.

HOME
HOME APPLIANCES & CLEANING PRODUCTS DIRECTOR Carolyn E. Forté

PRODUCT ANALYST Christina Peterson

KITCHEN APPLIANCES & TECHNOLOGY DIRECTOR
Sharon Franke

TEXTILES, PAPER & PLASTICS DIRECTOR
Kathleen Huddy Sperduto

CHEMISTRY
HEALTH, BEAUTY & ENVIRONMENTAL SCIENCES DIRECTOR
Birnur K. Aral, Ph.D.

CHEMIST Charmaine Gillespie
PRODUCT ANALYST Mary E. McConnell

ENGINEERING
CONSUMER ELECTRONICS & ENGINEERING TEST ENGINEERS Erik Eibert, Jasmin Radoncic, Rachel Rothman, Jamie K. Ueda

ASSISTANT TO THE DIRECTOR
Jennifer Sweenie

Follow us on our blogs at goodhousekeeping.com/ghblogs, and on Twitter and Facebook. Find information on touring GHRI at goodhousekeeping.com/ghritours.

We do something that no other magazine does...

If any product that has earned our Seal is defective, *we'll replace it or refund your money*—just notify us within two years of purchase.

LIMITED WARRANTY to CONSUMERS · GOOD · HOUSEKEEPING Since ★ 1909 REPLACEMENT or REFUND if DEFECTIVE

(See details at right)

LIMITED WARRANTY to CONSUMERS · GOOD · HOUSEKEEPING Since ★ 1909 REPLACEMENT or REFUND if DEFECTIVE

How Our Magazine and the GH Seal Protect You

Good Housekeeping maintains good taste and exercises strict editorial judgment as to products it will accept for advertising in the printed magazine and in reviewing all of the advertising copy it publishes. These judgments are the basis of the Good Housekeeping Consumers' Refund or Replacement Policy.

WE PROMISE This is Good Housekeeping's LIMITED WARRANTY: If any product that bears our Seal or is advertised in this issue* (with certain exceptions described below) proves to be defective within two years from the date it was first sold to a consumer by an authorized retailer, we, Good Housekeeping, will replace or repair the product or refund the purchase price. This policy covers you, the consumer, whether you bought the product or it was given to you (by the buyer). Products that bear the Green Good Housekeeping Seal have been assessed by Good Housekeeping in accordance with Good Housekeeping's environmental criteria and are also subject to the limited warranty if proven to be defective.

WHAT TO DO If you believe such a defect exists, write to: Consumer Services & Seal Coordinator, Good Housekeeping Magazine, 300 West 57th Street, New York, NY 10019. Please inform us of any defect as soon as possible. We will send you a complaint form to return. The form asks you to describe the product and tell where and when it was bought, the price paid, and the problem you had. You will be asked to provide an itemized receipt. You may be asked to ship the product to us at our expense. If that is not possible because of size or installation, our representative may call on you and inspect the product. If the product is defective, we will replace or repair it, if possible, or refund to you the purchase price. This warranty gives you specific legal rights, and you may have other rights, which vary from state to state. If the manufacturer or retailer of the product has already reimbursed you for the purchase price, or replaced or repaired the product, we will consider the matter resolved and the warranty will not apply. The warranty also will not apply if you have taken any action that would preclude us from inspecting any product that has been installed on your premises.

EXCLUSIONS This policy does not extend to the following products and services, even if advertised in the magazine: insurance; financial/investment services and products; realty (including housing of any kind); franchise operations; automotive and camping vehicles; public transportation; travel facilities and hotels; catalogs and merchandise portfolios; "Shopping by Mail" items; premiums and prizes; schools, summer camps, and similar organizations; contraceptives, prescribed drugs, and medical procedures, facilities, and some devices (including cosmetic ones); alcoholic beverages; services (such as cleaning and repair services and Internet access providers); unbranded food products and branded deli foods not sold in individual packages; products sold only to the trade; self-diagnostic devices; diet plans; contact lenses; fire alarms and suppressants; carbon monoxide detectors; home security systems and devices; infant/toddler car seats and restraints; swim aids, flotation devices, and pool toys; and institutional advertisements.

Some products must be installed, assembled, used, and serviced as the manufacturer directs to give proper performance. We are not responsible and the limited warranty does not apply when a defect arises from improper installation, assembly, use, or service, or if the product is abused.

This policy covers the functionality of educational and instructional products, i.e., operability of a tape, book, compact disc, or other media, but does not extend to warrant the educational effectiveness to be achieved from use of the products. Due to the nature of the Internet, no software product can completely protect against exposure to offensive content. Exposure to any such content shall not be deemed a defect under the terms of this policy.

Products that are advertised in Good Housekeeping, and that may bear the Good Housekeeping Seal, are not manufactured, sold, or serviced by Good Housekeeping, unless otherwise expressly indicated. Good Housekeeping makes no express warranty for state law and provides no guarantee or remedy other than as described here.

**As to products that are advertised in the magazine but do not bear the Seal, the two-year limited warranty applies only if the product was purchased within one year of the date of the issue in which the advertisement appeared.*

Photographs, from left: BRIAN LAI YUSING; PHILIP FRIEDMAN/STUDIO D (clipboard).

AMERICA'S FAVORITE MASCARA!

100's OF GREAT LOOKS.
1 GREAT LITTLE TUBE.



NO WONDER ONE IS SOLD EVERY 1.7 SECONDS!*

GO TO **FACEBOOK.COM/MAYBELLINE** NOW
TO GET EXCLUSIVE OFFERS & INFO LEADING UP
TO GREAT LASH'S 40TH BIRTHDAY IN 2011!

MAYBELLINE®
NEW YORK

MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE®

*Based on FDMx unit sales for the 52-wk period ending 12/27/09 as reported by InfoScan Information Resources, Inc. plus other outlet POS sales. ©2010 Maybelline LLC.

And you thought your mom was overprotective.



Always Ultra takes leak protection very seriously. It has a LeakGuard core that quickly adjusts to sudden changes in your flow.
No other Ultra absorbs faster. *Have a Happy Period.*

©2010 P&G

Good Housekeeping®

Patricia Haegele
Senior Vice President/Publisher

Kelley Gott
Associate Publisher/Advertising

Renée Lewin
Associate Publisher/Marketing

David Rockefeller
General Manager

Sara Rad
Director of Brand Development

Beth Ifcher
Vice President, Consumer Marketing

AUTOMOTIVE
Category Managers Peter A. Saad, Peggy Daitch

BEAUTY/FASHION
Director Diane L. Crook

CONSUMER GOODS AND SERVICES, FOOD/PACKAGED GOODS/HEALTH—MIDWEST
Managers Tricia Daniels, Lindsay Spolan Pinchuk, Stefanie Ryan

DIRECT RESPONSE ADVERTISING SALES
Director Christine L. Hall
Manager Lisa Del Vecchio

FOOD/PACKAGED GOODS
Category Manager Robert Judson

FOOD/PACKAGED GOODS/HEALTH
Managers Mallory Clayton Parks, Jill Rosenblum

HEALTH
Director Megan Lubkin

HOME/SHELTER
Director Kathleen Donohue
Category Representatives Jim Blazevich, Sibyl de St. Aubin

TRAVEL
Director Christina Marusic

WEST COAST
Category Managers Parke Eager, Kelly Beres

NEW BUSINESS DEVELOPMENT
Manager Beverly Hood Allen

GOOD HOUSEKEEPING SEAL
Category Manager, New Business Development Paul Bozikis
Consumer Services & Seal Manager Sakinah Ali
Category Representative The Ingersoll Company/Barbara Crittenden
Category Representatives, Canada Mark Boxer, Janis Isaman
Executive Assistant to the Publisher Elizabeth V. Ruch

MARKETING SERVICES
Marketing Director Esther Levy Raphael
Marketing Research Director Theresa B. Salimbene
Senior Marketing Manager Robyn Agin Rizzi
Associate Marketing Manager Melinda Weaver

ART
Art Director Liz M. Chan
Creative Services Manager Kristi Lane

FINANCE
Associate Business Manager Sonia Lococo
CBS Coordinator Teresa Sands

MANUFACTURING
Group Production Director Karen Otto
Group Production Manager Christopher Hertwig
Associate Production Manager Melissa Smario

ADVERTISING SALES OFFICES
NEW YORK 212-649-2551
Sales Assistants Ashley Matejov, Keri Platnick, Mary Ellen Maddalone
ATLANTA 404-254-5232
CHARLOTTE 704-321-9097
CHICAGO 312-984-5100
Sales Assistant Hannah McHale
DALLAS 214-526-3800
DETROIT 248-430-0332
LOS ANGELES 310-664-2850
Sales Assistant Karen Sakai
SAN FRANCISCO

PUBLISHED BY HEARST COMMUNICATIONS, INC., A UNIT OF HEARST CORPORATION
300 West 57th Street, New York, NY 10019
Vice Chairman & Chief Executive Officer Frank A. Bennack, Jr.
Chairman George R. Hearst, Jr.

HEARST MAGAZINES DIVISION
Chairman Cathleen P. Black
President David Carey
President, Marketing & Publishing Director Michael Clinton
Executive Vice President & General Manager John P. Loughlin
Editorial Director Ellen Levine
Publishing Consultants Gilbert C. Maurer, Mark F. Miller

SUBSCRIPTIONS
Visit **service.goodhousekeeping.com** or write to Customer Service Department, Good Housekeeping, P.O. Box 6000, Harlan, IA 51593 *Printed in USA*

GOOD HOUSEKEEPING SEAL PRODUCT SPOTLIGHT

A BEAUTIFUL HOME IS A HEALTHY HOME

Miele's AirClean filtration system traps over 99.9% of dirt, dust and allergens, while its filter bag keeps them sealed and locked away for good. The result is a home that is truly clean. Visit **mieleusa.com.**



You deserve a little protection every day.



With Always Dri-Liners, you're covered. Our best-absorbing liner has a LeakGuard core that helps you feel clean.

©2010 P&G





Brilliantly white. Amazingly strong. Surprisingly affordable. Every meal deserves Vanity Fair.

vanityfairnapkins.com

Only using them for dinner makes breakfast and lunch very envious.



Vanity Fair

Georgia-Pacific

© 2010 Georgia-Pacific Consumer Products LP. All rights reserved. VANITY FAIR is a registered trademark of Georgia-Pacific Consumer Products LP.



We gather together to ask the Lord's blessing—remember that Thanksgiving hymn? It's one of my favorites, partly because it zeroes right in on what this holiday is all about: being together—with family, with friends. No mad dash to buy gifts at the eleventh hour; no staying up past midnight to wrap them. Just sharing time (and a fabulous meal) with the people you love.

What Thanksgiving is about, in many ways, is what GH is all about, and in our 125th anniversary year, we're celebrating that in every part of this issue. There's the always-helpful info in *Good (Enough) Housekeeping,* where we give easy-to-follow advice on prepping table linens...and then getting the inevitable stains out of them. In *The Goods,* the Good Housekeeping Research Institute tests the products you need most to produce Thanksgiving dinner (mixers, cookware, dishwashers) and welcome guests (blankets, towels, folding chairs). But let's face it: Thanksgiving is really all about the food. And of course, we deliver, having pored over 125 November issues to find the very best of our Turkey Day recipes.

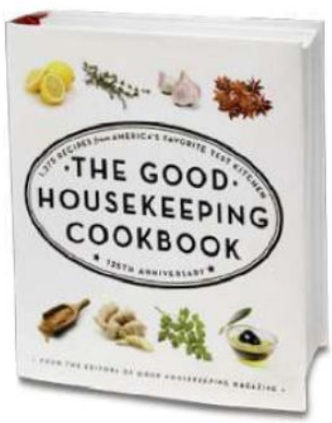
It's not just practicalities we focus on, as essential as they are. Our pages are brimming with Thanksgiving blessings, counted eloquently by writers like Karen Walrond, who reflects on the rituals of preparing for company in our mom's blog, and Michael Callahan, who recounts the Thanksgiving when his mother taught him how to make her traditional holiday meal. In "Until We Meet Again," Kate Braestrup writes evocatively about goodbye blessings, and in our profile of Kelly Ripa (*below*), you'll smile with familiarity at her recollections of the Macy's Parade and turkeys gone awry.

When I count my own blessings, I don't have to look far. Curled up next to me on the couch as I type is Bica, the ink-black kitty who is a constant companion during my early-morning work time. I am thankful for my child, still asleep upstairs; for my husband, also up early and working at *his* computer across the room. I am thankful that the economy, while still wobbly, has not dissolved into a depression, and that no matter what happens in banks and businesses, the autumn leaves always turn crisp gold and glowy red-orange. Most of all, I'm thankful that I live in a country that, despite its faults, is rich in freedom.

Happy Thanksgiving.



Rosemary Ellis,
EDITOR IN CHIEF



PS: *In bookstores this month (or at bn.com/goodhousekeepingcookbook): our new, encyclopedic* Good Housekeeping Cookbook. *This anniversary edition is the ultimate kitchen reference, with 1,275 recipes plus advice on substitutions, cooking terms, measuring, equipment, entertaining, and food safety. Just in time for the holidays.*



Photographs, from top: HILMAR; ANDREW ECCLES; PHILIP FRIEDMAN/STUDIO D.

Important Safety Information About CIMZIA® (certolizumab pegol)

What is the most important information I should know about CIMZIA?

CIMZIA is a prescription medicine that affects your immune system. CIMZIA can lower the ability of the immune system to fight infections. Serious infections have happened in patients taking CIMZIA, including tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before starting CIMZIA. Your doctor should monitor you closely for signs and symptoms of TB during your treatment with CIMZIA.

Certain Types of Cancer

There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents. CIMZIA is not approved for use in pediatric patients. For people taking TNF-blocker medicines, including CIMZIA, the chances for getting lymphoma or other cancers may increase. People with RA, especially more serious RA, may have a higher chance for getting a kind of cancer called lymphoma.

Before starting CIMZIA, tell your doctor if you

- Think you have an infection. You should not start taking CIMZIA if you have any kind of infection, are being treated for an infection or have signs of an infection such as fever, cough or flu-like symptoms or if you get a lot of infections or have infections that keep coming back.
- Have any open cuts or sores
- Have diabetes or HIV
- Have TB, or have been in close contact with someone with TB
- Were born in, lived in, or traveled to countries where there is more risk of getting TB. Ask your doctor if you are not sure.
- Live or lived in certain parts of country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may develop or become severe if you take CIMZIA. If you do not know if you have lived in these types of areas, ask your doctor.
- Have or have had hepatitis B
- Have or have had any type of cancer
- Have congestive heart failure
- Have seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis
- Are scheduled to receive a vaccine. Do not receive a live vaccine while taking CIMZIA
- Are pregnant, planning to become pregnant, or breastfeeding. CIMZIA has not been studied in pregnant or nursing women.
- Especially tell your doctor if you take: Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), Tysabri® (natalizumab), or another TNF blocker. You have a higher chance for serious infections when taking CIMZIA with these medicines. You should not take CIMZIA while you take one of these medicines.

After starting CIMZIA, if you get an infection, any sign of an infection including a fever, cough, flu-like symptoms, or have open cuts or sores on your body, call your doctor right away. CIMZIA can make you more likely to get infections or make any infection that you may have worse.

What are the possible side effects of CIMZIA? CIMZIA can cause serious side effects including:

Heart Failure including new heart failure or worsening of heart failure you already have; **Nervous System Problems** such as Multiple Sclerosis, seizures, or inflammation of the nerves of the eyes; **Allergic Reactions.** Signs of an allergic reaction include a skin rash, swollen face, or trouble breathing; **Hepatitis B virus reactivation in patients who carry the virus in their blood.** In some cases, patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you carefully during treatment with CIMZIA if you carry the hepatitis B virus in your blood; **Blood Problems.** Your body may not make enough of the blood cells that help fight infections or help stop bleeding; **Immune reactions including a lupus-like syndrome.** Symptoms include shortness of breath, joint pain, or a rash on the cheeks or arms that worsens with sun exposure.

Call your doctor right away if you develop any of the above side effects or symptoms.

The most common side effects of CIMZIA are: upper respiratory infections (flu, cold), rash, and urinary tract infections (bladder infections).

Other side effects have happened in some people including new psoriasis or worsening of psoriasis you already have and injection site reactions.

You are encouraged to report negative side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Brief Summary on following pages.

CRD057-0310C





Fast, Lasting Cimzia has been clinically proven vs. placebo to reduce RA pain, stiffness and fatigue in as little as 1-2 weeks for some patients. The majority experienced RA signs and symptoms improvement within 6 months which lasted through 1 year and prevented further joint damage. Your results may vary. Based on what you and your doctor decide, Cimzia can be injected every 2 or 4 weeks after initial dosing.

Ask your doctor about the benefits and risks of Cimzia.

Pre-filled syringe designed for ease and comfort in partnership with OXO GOOD GRIPS®

Please read the Important Safety Information on the adjacent page.

cimzia®
(certolizumab pegol)

Visit cimzia.com/RA
Call 1-877-793-6410

Consumer Brief Summary for Cimzia®

CONSULT PACKAGE INSERT FOR FULL PRESCRIBING INFORMATION.

cimzia®
(certolizumab pegol)

Read the Medication Guide that comes with CIMZIA before you start using it, and before each injection of CIMZIA. This brief summary does not take the place of talking with your doctor about your medical condition or treatment.

What is the most important information I should know about CIMZIA?

CIMZIA is a medicine that affects your immune system. CIMZIA can lower the ability of the immune system to fight infections. Serious infections have happened in patients taking CIMZIA. These infections include tuberculosis (TB) and infections caused by viruses, fungi or bacteria that have spread throughout the body. Some patients have died from these infections.

- Your doctor should test you for TB before starting CIMZIA.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with CIMZIA.

Before starting CIMZIA, tell your doctor if you:

- think you have an infection. You should not start taking CIMZIA if you have any kind of infection.
- are being treated for an infection.
- have signs of an infection, such as a fever, cough, flu-like symptoms
- have any open cuts or sores on your body
- get a lot of infections or have infections that keep coming back
- have diabetes
- have HIV
- have tuberculosis (TB), or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure.
- live or have lived in certain parts of the country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may develop or become more severe if you take CIMZIA. If you do not know if you have lived in an area where histoplasmosis, coccidioidomycosis, or blastomycosis is common, ask your doctor.
- have or have had hepatitis B
- use the medicine Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), or Tysabri® (natalizumab)

After starting CIMZIA, if you get an infection, any sign of an infection including a fever, cough, flu-like symptoms, or have open cuts or sores on your body, call your doctor right away. CIMZIA can make you more likely to get infections or make any infection that you may have worse.

Certain types of Cancer

- There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents.
- For people taking TNF-blocker medicines, including CIMZIA, the chances of getting lymphoma or other cancers may increase.
- People with RA, especially more serious RA, may have a higher chance of getting a kind of cancer called lymphoma.

See the section "What are the possible side effects of CIMZIA?" for more information.

What is CIMZIA?

CIMZIA is a medicine called a Tumor Necrosis Factor (TNF) blocker. CIMZIA is used in adult patients to:

- Lessen the signs of symptoms of moderately to severely active Crohn's disease (CD) in adults who have not been helped enough by usual treatments.
- Treat moderately to severely active rheumatoid arthritis (RA).

It is not known whether CIMZIA is safe and effective in children.

What should I tell my doctor before starting treatment with CIMZIA?

CIMZIA may not be right for you. Before starting CIMZIA, tell your doctor about all of your medical conditions, including if you:

- **have an infection**. (See, "What is the most important information I should know about CIMZIA?")
- **have or have had any type of cancer.**
- **have congestive heart failure**.
- **have seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis**.
- **are scheduled to receive a vaccine**. Do not receive a live vaccine while taking CIMZIA.
- **are allergic to any of the ingredients in CIMZIA**. See the end of this Brief Summary for a list of the ingredients in CIMZIA.

Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding. CIMZIA has not been studied in pregnant or nursing women.

Tell your doctor about all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements. Your doctor will tell you if it is okay to take your other medicines while taking CIMZIA. Especially, tell your doctor if you take:

- Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab),Tysabri® (natalizumab). You have a high chance for serious infections when taking CIMZIA with Kineret®, Orencia®, Rituxan®, or Tysabri®.
- A TNF blocker: Remicade® (infliximab), Humira® (adalimumab), Enbrel® (etanercept), Simponi® (golimumab).

You should not take CIMZIA, while you take one of these medicines.

How should I use CIMZIA?

- If your doctor prescribes the CIMZIA lyophilized pack for reconstitution, CIMZIA should be injected by a healthcare provider.
- If your doctor prescribes the CIMZIA prefilled syringe, see the section **"Patient Instructions for Use"** at the end of the Medication Guide for complete instructions for use. Do not give yourself an injection of CIMZIA unless you have been shown by your doctor or nurse.
- CIMZIA is given by an injection under the skin, into your abdomen or thigh area. Your doctor will tell you how much CIMZIA to inject and how often to inject CIMZIA, based on your condition to be treated. Do not use more CIMZIA or inject more often than prescribed.

What are the possible side effects of CIMZIA?

CIMZIA can cause serious side effects including:

See **"What is the most important information I should know about CIMZIA?"**

- **Heart Failure** including new heart failure or worsening of heart failure you already have. Symptoms include shortness of breath, swelling of your ankles or feet, or sudden weight gain.
- **Nervous System Problems** such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Symptoms include dizziness, numbness or tingling problems with your vision, and weakness in your arms or legs.
- **Allergic Reactions**. Signs of an allergic reaction include a skin rash, swelling of the face, tongue, lips, or throat, or trouble breathing.
- **Hepatitis B virus reactivation in patients who carry the virus in their blood**. In some cases patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you

carefully during treatment with CIMZIA if you carry the hepatitis B virus in your blood. Tell your doctor if you have any of the following symptoms:

- feel unwell
- tiredness (fatigue)
- poor appetite
- fever, skin rash, or joint pain

- **Blood Problems**. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include a fever that doesn't go away, bruising or bleeding very easily, or looking very pale.
- **Immune reactions including a lupus-like syndrome**. Symptoms include shortness of breath, joint pain, or a rash on the cheeks or arms that worsens with sun exposure.

Call your doctor right away if you develop any of the above side effects or symptoms.

The most common side effects in people taking CIMZIA are:

- upper respiratory infections (flu, cold)
- rash
- urinary tract infections (bladder infections)

Other side effects with CIMZIA include:

- **Psoriasis**. Some people using CIMZIA had new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with CIMZIA.
- **Injection site reactions**. Redness, rash, swelling, itching or bruising can happen in some people. These symptoms will usually go away within a few days. If you have pain, redness, or swelling around the injection site that doesn't go away within a few days or gets worse, call your doctor right away.

Tell your doctor about any side effect that bothers you or does not go away.

These are not all of the side effects with CIMZIA. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about CIMZIA

Medicines are sometimes prescribed for purposes that are not mentioned in Medication Guides. Do not use CIMZIA for a condition for which it was not prescribed. Do not give CIMZIA to other people, even if they have the same condition. It may harm them.

This brief summary summarizes the most important information about CIMZIA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about CIMZIA that is written for health professionals.

For more information go to www.CIMZIA.com or call 1-866-4CIMZIA (424-6942).

Always keep CIMZIA, injection supplies, puncture-proof container, and all other medicines out of the reach of children.

What are the ingredients in CIMZIA?

CIMZIA lyophilized powder: Active ingredient: certolizumab pegol. Inactive ingredients: sucrose, lactic acid, polysorbate. The pack contains Water for Injection, for reconstitution of the lyophilized powder.

CIMZIA prefilled syringe: Active ingredient: certolizumab pegol. Inactive ingredients: sodium acetate, sodium chloride, and Water for Injection.

CIMZIA has no preservatives.

Product developed and manufactured for:
UCB, Inc., 1950 Lake Park Drive, Smyrna, GA 30080 U.S. License No 1736

Cimzia® is a registered trademark of the UCB Group of companies.
© 2009 UCB, Inc., Smyrna, GA 30080 All rights reserved.
Printed in the U.S.A.

OXO, Good Grips and the associated logos are trademarks of Helen of Troy Limited and are used under license.

CCD123-1209 4E

Getting a better grip on RA can start with this syringe.



Guided by input from people with RA, the CIMZIA syringe was designed for ease and comfort in partnership with

OXO GOOD GRIPS

You may save up to $500 on each CIMZIA prescription if you qualify. Go to cimzia.com/RA

cimzia®
(certolizumab pegol)

For moderate to severe RA adults.

Anaphylaxis or serious allergic reactions may occur. Hypersensitivity reactions have been reported rarely following CIMZIA administration.

Please see Brief Summary on previous page.

Thank you Curél®

for kicking my sensitive skin to the curb.



©2010 Kao Brands Company

New Curel® Sensitive Skin Remedy™ with Advanced Ceramide Therapy can change your skin. Our proven lotion relieves sensitive skin immediately. And prevents it from coming back.

Your search for sensitive skin relief ends here.

See the cure in Curél®.

See more thank yous at: www.curel.com/thanks

good(enough) housekeeping

SIMPLE SOLUTIONS FOR SMART LIVING



EASY ORGANIZING | TABLE LINENS Prepare for a season of sit-down dinners with year-round storage that saves you from serious ironing and your linens from long-term damage. Choose a cool, dry place to stow cloths that lets them breathe; avoid plastic containers (the chemicals can leach into the fabric). Line shelves and drawers with acid-free paper or liners. In drawers, layer in place mats first, then place napkins on top, bundling sets with loosely tied flat ribbon. Turn the page for more pressing ideas.→

PHOTOGRAPHS BY ANDREW MCCAUL

Styling by Scott Horne for Big Leo



keep vs. toss

- **KEEP** paper towel rolls to corral napkin rings—just slide on sets to stash them together. If rings are too small for your tube, cut the tube lengthwise and roll it in on itself until rings fit on snugly.
- **TOSS** badly stained or otherwise past-their-prime napkins and cloths. If you haven't gotten a stain out yet, chances are you won't (see page 29 for ways to prevent future spots from setting). By weeding out has-beens, you'll make room for your good pieces—overstuffing drawers is a major cause of wrinkles.
- **KEEP** cedar blocks or lavender sachets tucked into drawers or placed on shelves to help deter moths. But remember: The more powerful the scent, the more powerful the repellent, so replace as the aroma begins to fade.

don't skip this tip »

It sounds like a time saver, but ironing linens *before* storing them damages threads. Even if you don't use starch (which eats away at fibers and can attract moths), creases can set during storage.







1 STACK AND LABEL Place heavy linens such as damask at the bottom of stacks, so they don't crease lighter fabrics like lace. To minimize lines, fold tablecloths loosely into thirds and layer in a sheet of acid-free tissue paper for delicate items, then fold in from ends into thirds (rolling works for this step, too, but can take up more space). Label stacks to remind yourself which surface linens fit.

2 WRAP RIGHT The absolute best way to prevent wrinkles in tablecloths and runners: Hang them on individually padded hangers, and stash in a closet. Craft DIY versions by wrapping pants hangers in fabric scraps (as shown) and covering each with a sheet of acid-free paper before draping on the tablecloth, folded lengthwise.

3 HANG LOOSE If storage space is tight, try over-the-door hangers with thick or padded rungs. Save yourself some ironing by putting linens on the table the night before. Or hang really wrinkled cloths over a shower rod and spritz with water or a wrinkle releaser to let fabric relax. You can also drop difficult-to-iron pieces at the dry cleaner for pressing only—about half the price of cleaning (but specify that they not use chemicals or high heat). ■

Click Here Learn how to keep linens pristine at goodhousekeeping.com/stain-remover

TOYOTA
moving forward

Pride and Joy.

Sporty looks and available 18-inch wheels make it perfectly adorable.



The Toyota Sienna Minivan. Daddy Like.

Search Sienna on Facebook and YouTube

Options shown. YouTube and the YouTube logo are trademarks of Google Inc. Facebook is a registered trademark of Facebook, Inc. ©2010 Toyota Motor Sales, U.S.A., Inc.

toyota.com/sienna

DURABILITY COMFORT INDEX

UNCOMFORTABLE — COMFORTABLE

- Anything Granite
- The Lincoln Memorial's Giant Marble Chair
- Fruit Cake
- Kevlar Vest
- Cast Iron Batntub
- La-Z-Boy Furniture



Furniture that tolerates roughhousing. Even if you don't.

Long-lasting comfort is at our very core here at La-Z-Boy. And has been for 80 years. We know how to make durable furniture. It starts with the strongest frames in the industry. From there, we layer on quality materials and proven craftsmanship. Then we test our furniture to assure it meets the highest quality standards. And we stand, or in our case - sit comfortably, behind our products with a Limited Lifetime Warranty. We've been building furniture since 1928, so we know a little bit about enduring comfort.

Learn more about how we build our furniture to last and our warranty at la-z-boy.com/durability.

-LIMITED- LIFETIME WARRANTY

American Chiropractic Association ACA ENDORSED

LA-Z-BOY | **Comfort. It's what we do.**

©2010 La-Z-Boy Incorporated



Mid-Party Stain Smarts

Don't let your festive table be ruined by spills. Here, holiday-time 911 for linens

Speed Cleaning

Tools You'll Use

- Paper towels or cloths
- Table salt
- A spoon
- A damp sponge
- Rubbing alcohol
- A dull knife
- Dry-cleaning solvent
- An iron
- Makeup-remover wipes

Biggest Challenges

1 Spilled red wine
2 Cranberry-sauce blobs
3 Gravy dribbles
4 Candle-wax drips
5 Lipstick smears

Fastest Fixes

1 **Wipe out wine** When a glass of red gets a backhand, don't panic. Blot up as much as you can with dry paper towels or a cloth. Then wet a cloth with cold water and sponge the stain. Put a pad of dry paper towels above the spot (and one beneath it, if you don't have table pads); cover with a serving dish to continue "blotting." For small drips, apply a sprinkle of table salt to help absorb the wine.

2 **Banish berry blotches** For those cranberries that slid off the serving spoon, gently scoop up the excess with a clean spoon (try not to rub it in); dab with a cool, damp sponge. Once the cloth is off the table, pour a little rubbing alcohol onto the stain to help dissolve it, and rinse.

3 **Get rid of gravy** As above, scrape up gravy dribbles when you spot them. Blot with a dry paper towel or even a piece of bread from the basket. Don't bother wetting now—it's an oil-based stain, and you know what they say about oil and water.

4 **Snuff out candle wax** Supposedly dripless, eh? Put out a candle as soon as you see it making a mess (don't blow—you'll make it worse). After clearing the table, scrape off hardened wax with your fingernail or a clean butter knife. Sponge colored-wax spots with dry-cleaning solvent. Envelop any remaining stain between paper towels and then press with a warm, dry iron, turning towels as they absorb wax.

5 **Kiss lipstick stains goodbye** Best not to try to clean the napkin until your red-lipstick-wearing mother-in-law leaves. But then, grab a makeup-remover wipe from the bathroom. Place the stain facedown on a paper towel. Dab the back with the wipe, working in the soapy liquid to flush the color into the towel.

Make It Easier Next Time

• Consider using Faultless Starch Plus Stain Resistance ($7 for two cans; agelong.com, or in supermarkets) when ironing. In GHRI tests, linens looked crisp and spills beaded up.

—Christina Peterson, GHRI product analyst

LAUNDRY LESSON

Before tossing in the washer, dab all stains with a laundry pretreater. Fill your machine with cool water and add liquid detergent with enzymes and a stain-fighting laundry booster, like OxiClean's new Max Force Power Paks ($4 for a 10-pack; oxiclean.com). Soak the cloth for a few hours or overnight. Then wash in the hottest water that's safe for the fabric, adding chlorine or oxygen bleach.

Photographs by STUDIO D; Veer.

Click Here More ways to clean up in a hurry at goodhousekeeping.com/speed

©2018 Sara Lee Corporation.

EGG BURRITO TO SAUSAGE AND EGG BURRITO IN 1.5 SECONDS



A HEARTIER BREAKFAST IS QUICKER AND EASIER
WITH JIMMY DEAN FULLY COOKED SAUSAGE CRUMBLES.

Shine On

FILE THIS!

How NOT to Kill Houseplants

Raise plants that survive *and* thrive with these tips from garden guru **Susie Coelho**

Know the Nursery

When shopping, select plants that look clean and well-potted—no roots poking out of the bottoms. "Ones that have new flowers and leaf buds are your best bet," says Coehlo, host of HGTV's *Outer Spaces*. What to skip: plants that have yellowing or brown leaves, appear wilted, have spots or blotches, or look spindly—it will be too much work to nurse them back to health. Also avoid ones with broken leaves or stems caused by rough handling. And look under leaves and along stems for areas nibbled by bugs.

WATERING RULES OF THUMB

Yellowing leaves mean your plant may be overwatered; brown tips typically mean it's underwatered. Stick your finger into the soil an inch deep—it should feel moist, not soggy or parched.

FOOLPROOF FOLIAGE



- **ZZ plants** (*Zamioculcas zamiifolia*) need little light or water—you can even let them dry out entirely between waterings
- **Chinese evergreen** (*aglaonema*) does fine in virtually any light condition



- **Bromeliads,** in the pineapple family, have tough leaves that insects can't stomach, and can survive for weeks sans water



Clean Leaves = Happy Plants



Dust on leaves blocks light and cuts down on a plant's ability to photosynthesize. The simple fix: Go over leaves with a soft duster when you dust the house. If you see a film, bring plants to a sink or shower and hose off with lukewarm water, or wipe foliage with a damp cloth. For fuzzy-leaved plants, use a soft brush to gently sweep.

Transplant Tips

It's time to repot when a plant's roots have filled its container and you can't wriggle a finger into the soil. Pick a new pot up to two inches larger in diameter, with a drainage hole. To transplant, tuck plant stems between two fingers, hold the pot steady, and tap pot exterior with your other hand to ease the plant out. Untwist or trim off roots that encircle the base. Add a layer of rocks (big enough not to clog drainage hole) to the new pot, then an inch of potting soil; place plant inside. Fill with soil, compacting gently. Water well.



Shower Spruce-Up

Invigorate a parched houseplant by leaving it on the bathroom vanity to enjoy a couple of days' worth of your family's baths and showers. The steam mimics a greenhouse and should pep it up.

Photographs, from bottom left: Julie Pigula/Getty Images; istockimages (6).



YOU'LL NEVER LOOK AT STAINS THE SAME WAY AGAIN

You see a mud stain, but ***NEW*** *Wisk® with our breakthrough* ***Stain Spectrum™ Technology*** *sees a particulate stain. Its scientific formula of enzymes and cleaning agents targets a full range of stains on a molecular level for our most powerful clean.*

FIGHT STAINS WITH SCIENCE™

Learn more at ***Wisk.com***



Total Time Savers

SHORTCUTS TO MAKE IT LESS OF A CHORE



Cleaning Stainless Appliances

GOOD WAY	vs.	GOOD *ENOUGH*
1 They look so elegant—until their silvery finish is covered in fingerprints. For best results, get a specialty cleanser. GHRI likes Weiman's Stainless Steel Cleaner and Polish ($5, weiman.com).		**1** No time to hit the store? Grab your everyday glass-and-surface cleaner and a soft microfiber cloth. Lightly spritz the handles and surrounding areas where you find the most smudges.
2 Apply the product to a clean soft cloth. Wipe the appliance's surfaces first in one direction, then the other, adding more cleaner if needed. Target the areas behind handles and around controls in particular. Buff it all to a sheen with another clean, dry cloth.		**2** Using the cloth, rub the area well in a back-and-forth motion. If you have the time and enthusiasm to tackle the entire appliance, spray and wipe horizontally and/or vertically—not in circles, which will cause streaking. Buff with a clean part of the cloth to rub out the worst of the smears.
3 To avoid cleaning appliances as often, try Carbona Stainless Steel Pro-Care ($5.25, carbona.com): In GHRI tests, it repelled smears to keep stainless spotless.		**3** With a paper towel, apply a thin coat of mineral oil to the surfaces you cleaned—it will help minimize future fingerprints.



1-MINUTE EXPERT

How to stop drafts

"You've probably weather-stripped your exterior doors, but don't forget the inside ones that lead to uninsulated areas like your garage (*above*) or attic. My quick, cheap fix: a threshold draft blocker, made of two foam rolls connected by a piece of fabric. You slide it under the door to keep cold air out and your heat from escaping. And it only costs about $10 at the drugstore or online."

—Stacy Genovese, GHRI technical director

DOUBLE DUTY

Rubber Bands

Keep slippery tops and strappy dresses from sliding into a heap on your closet floor by looping wide rubber bands over the ends of their hangers.



Photographs, clockwise from bottom right: Corbis; Glowimages/Corbis. Photograph of Twin Draft Guard courtesy of Hampton Direct, Inc.

Click Here More cleaning how-tos at goodhousekeeping.com/howtoclean

promotion

Once upon a time, women dreamed of long, healthy hair. Pantene Restore Beautiful Lengths swooped in and answered our prayers, providing shampoo and conditioner systems that give up to *10x strength* against damage for longer, stronger hair.*

Longing *for* Length



Get complete care for long hair with Pantene Restore Beautiful Lengths. Pantene knows that longer hair is exposed to more washes and styling than shorter hair, which can make hair susceptible to frizz, damage, split ends and ultimately breakage. They've come to our rescue with a complete line of shampoos, conditioners, and styling products to help get that long, stunning look.

Breakage Defense



Contains a Pro-Vitamin shampoo and conditioner formula that helps transform easily breakable hair into resilient hair, resistant to damage.

Replenishing Mask



The thick, creamy formula in this replenishing hair mask helps restore the moisture back into dry hair for smooth strands that are shielded from damage.

Smoothing Balm



This unique balm will help resist breakage so you can grow hair longer* and keep fly-aways and frizz under control.

* Smoothing balm vs. non-conditioning shampoo

Make someone's dreams come true.

Donate your long locks to make wigs for women who have lost their hair due to cancer treatments. It's a heartfelt and life-changing act of women's cancer and breast cancer support. When you're ready, make the kindest cut of all. Learn more at **beautifullengths.com**.



Are you still longing for your hair fairy-tale ending?

Try Pantene's Customized Solutions to complement your unique hair structure for healthy hair and provide options for lasting performance. Choose from Fine, Medium-Thick, Color, and Curly shampoos, conditioners, and styling products. Find the Pantene products for your hair type at **pantene.com/productfinder**.

*Shampoo and conditioner vs. non-conditioning shampoo.

©2010 P&G



can your volume pass the 4 o'clock flop test?

TRY Pantene. Flat to Volume system.* Put it to the test and see your volume last all day. Pantene found that fine hair has up to 50% less protein** and custom designed a system to give it the power to STAND UP STRONGER, STAY FULL LONGER.†

*For all day volume: Flat to Volume Shampoo & Conditioner, Root Lifter Spray-Gel and Lasting Volume Hairspray.
**vs. thick hair.
†System vs. Shampoo and Conditioner.

PANTENE PRO-V

HEALTHY MAKES IT HAPPEN

Find your solutions at pantene.com



Ask Heloise

WHAT I'M CLEANING THIS MONTH

Entryway Doors

The doors of a home are the first impression visitors get. Since we have a number of entries into our San Antonio house, keeping them all looking good is an ongoing task. Our front entry has a very large, solid wood, black-painted set of double doors with brass handles. I usually brush off cobwebs and gunk with a long-handled broom, hose the doors down, and wipe them dry with a microfiber cloth (I also check inside the doors and wipe away fingerprints and paw prints). **If I'm inclined, I'll grab a terry towel and give the doors a good coat of car or furniture wax to protect them from the elements.** Our other doors are fiberglass or have a glass storm door over them. The glass gets cleaned and shined with full-strength vinegar and dried with newspapers to a shine. The door itself gets wiped off with a damp (water only) cleaning cloth and dried. All metal hardware—handles, door knockers, hinges—needs only to be wiped off with a little soap and water. I check the doors' weather stripping, too, replacing what is worn, and clean the threshold using good old soap and water again. Nothing fancy.





Grate Advice

Q How do you clean grates on top of the stove?

Sarah Wallace, Webster Groves, MO

Soak them in hot, soapy water for 10 to 15 minutes (but not too long, to avoid rust); then clean each grate with a plastic scrubber. Dry well with a cloth. The key is to do this often enough so they don't get a buildup of gunk and grease.

Fix-a-Dent

Q Do you have any suggestions for getting a carpet to fluff up where a furniture leg has been?

Linnie, via e-mail

Sure do—those "furn-dents," as I call them, can be a bother! Try this: Hold an iron on the "steam" setting a few inches above the area (do not let it touch the carpet); press for a burst of steam. The carpet fibers should absorb the steam and swell. Fluff with your fingers when cool.

HOUSE CALL!

Heloise phoned Jennifer Burkhart of Sykesville, MD, who asked via e-mail:

How do I get pine sap out of my new black fleece zip-up? I tried rubbing it out with a cloth dipped in laundry soap and water, but I didn't want to scrub too hard and make a "bald" spot. So I washed it in cool water and let it air-dry. Now the sap is hard!

Heloise told her First, you need to dissolve the sap some. Take a bowl of warm tap water and soak the spot in it, face down. With your fingers, rub the spot back and forth to loosen the sap, changing the water when it cools; repeat until the majority of the stain releases (it may take a few times, but because you're using just your fingers, it shouldn't pull up the fibers or make a bald spot). Next, turn the fleece inside out and, with your fingers again, rub a bit of liquid laundry detergent onto the *back* of the stain, so you're pushing the sap out of the fabric; let it set for five or 10 minutes. Wash the fleece by itself in cool to warm water; set the machine for a medium or large load. Either the sap will all be gone or you'll see only a little left. If needed, follow the process a second time.

How it worked "The 'inside out' part was the best idea—I never thought that I was rubbing it in *further*," Burkhart reported back. "It took a few tries, but it worked!" ■

Click Here Ask a question at goodhousekeeping.com/heloise, and Heloise may phone you for a House Call!

Photographs, from left: istockphoto; Veer; CAROL WEINBERG.



Many people being treated for depression still have depression symptoms.

If you've been taking an antidepressant for at least 6 weeks and still have some depression symptoms, one option your doctor may consider is adding ABILIFY.

ABILIFY is a prescription medicine used to treat depression in adults as add-on treatment to an antidepressant when an antidepressant alone is not enough.



Some people have had symptom improvement as early as 1 to 2 weeks after adding ABILIFY.†

Important Risk Information about ABILIFY

- **Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY, call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over with depression**
- **Elderly dementia patients taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for these patients**
- Call your doctor if you have high fever, stiff muscles, confusion, and increased heart rate or blood pressure—these may be signs of a rare but life-threatening condition called **neuroleptic malignant syndrome**
- Call your doctor if you develop abnormal or uncontrollable facial movements, as these could be signs of **tardive dyskinesia**, which may become permanent
- If you have **diabetes**, or have risk factors or symptoms of diabetes, your blood sugar should be monitored regularly. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- **Other risks** may include dizziness upon standing, decreases in white blood cells, which can be serious, seizures, impairment in judgment or motor skills, and trouble swallowing. Until you know how ABILIFY affects you, you should not drive or operate machinery

The **common side effects** in adults in clinical trials (≥10%) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, and insomnia. Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the additional Important Information about ABILIFY on the adjacent page.

Learn about a free trial offer‡ for ABILIFY.
Visit www.ABILIFYmeplus.com

Take the next step—ask your doctor about ABILIFY.

‡Restrictions apply.

ABILIFY® (aripiprazole)
2 mg, 5 mg Tablet

* Lexapro® (escitalopram oxalate), Zoloft® (sertraline HCl), Prozac® (fluoxetine hydrochloride), Effexor XR® (venlafaxine HCl), and Paxil CR® (paroxetine HCl) are trademarks of their respective companies.

† Based on 6-week clinical studies comparing ABILIFY + antidepressant versus antidepressant alone.

If you or someone you know needs help paying for medicine, call 1-888-4PPA-NOW (1-888-477-2669). Or go to www.pparx.org
Partnership for Prescription Assistance

Bristol-Myers Squibb Otsuka Otsuka America Pharmaceutical, Inc.

570US10AB06402 May 2010 0310A-0485 Printed in USA

ABILIFY
(aripiprazole)
2, 5, 10, 15, 20, 30 mg Tablets

IMPORTANT INFORMATION ABOUT ABILIFY

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

Name

ABILIFY® (a-BIL-i-fi) (aripiprazole) (air-i-PIP-ro-zall)

What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used as an add-on treatment to an antidepressant for adults with Major Depressive Disorder who had an inadequate response to antidepressant therapy.

What is depression?

Depression is a common but serious medical condition. Symptoms may include sadness, loss of interest in activities you once enjoyed, loss of energy, difficulty concentrating or making decisions, feelings of worthlessness or excessive guilt, insomnia or excessive sleep, a change in appetite causing weight loss or gain, or thoughts of death or suicide. These could be depression symptoms if they interfere with daily life at home, at work, or with friends and last most of the day, nearly every day for at least 2 weeks.

What is the most important information that I should know about antidepressant medicines, depression, and other serious mental illnesses?

- Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults
- Depression and serious mental illnesses are the most important causes of suicidal thoughts and actions

For more information, see the Prescribing Information and the Medication Guide called *Antidepressant Medicines, Depression and Other Serious Mental Illnesses, and Suicidal Thoughts or Actions.*

Who should NOT take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and itching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

What is the most important information that I should know about ABILIFY?

Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Antidepressants may increase suicidal thoughts or behaviors in some children, teenagers, and young adults, especially within the first few months of treatment or when the dose is changed. Depression and other serious mental illnesses are themselves associated with an increase in the risk of suicide. Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Such symptoms should be reported to the patient's healthcare professional right away, especially if they are severe or occur suddenly. ABILIFY is not approved for use in pediatric patients with depression.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your healthcare professional right away if you have any conditions or side effects, including the following:

Stroke or ministroke in elderly patients with dementia: An increased risk of stroke and ministroke has been reported in clinical studies of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY (aripiprazole) is not approved for treating patients with dementia.

Neuroleptic malignant syndrome (NMS): Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure **may be signs of NMS, a rare but serious side effect that could be fatal.**

Tardive dyskinesia (TD): Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a serious condition known as TD, which may be permanent.

High blood sugar and diabetes: Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

Orthostatic hypotension: Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

Leukopenia, Neutropenia, and Agranulocytosis: Decreases in white blood cells (infection fighting cells) have been reported in some patients taking antipsychotic agents, including ABILIFY. Patients with a history of a significant decrease in white blood cell (WBC) count or who have experienced a low WBC due to drug therapy should have their blood tested and monitored during the first few months of therapy.

Suicidal thoughts: If you have suicidal thoughts, you should tell your healthcare professional right away.

Dysphagia: Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional.

What should I talk to my healthcare provider about?

Patients and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

Tell your healthcare provider about any medical conditions you may have and all medicines that you are taking or plan to take, including prescription and over-the-counter medicines, vitamins, or herbal products.

Be sure to tell your healthcare provider:

- If you have suicidal thoughts
- If you have or have had a low white blood cell count (WBC)
- If you or anyone in your family have or had seizures
- If you or anyone in your family have or had high blood sugar or diabetes
- If you are pregnant, plan to become pregnant, or are breast-feeding

What should I avoid when taking ABILIFY?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

What are the possible side effects of ABILIFY (aripiprazole)?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia.

It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

This is not a complete list of side effects. For full patient information, visit www.abilify.com. Talk to your healthcare professional if you have questions or develop any side effects.

What percentage of people stopped taking ABILIFY due to side effects?

In clinical trials, the percentage of adults who discontinued taking ABILIFY due to side effects was 6% and 2% for patients treated with sugar pill.

Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines* include:

- ketoconazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

How should I take ABILIFY?

- Take ABILIFY exactly as directed by your healthcare professional
- ABILIFY is usually taken once a day and can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose
- Talk to your healthcare professional before stopping ABILIFY or changing your dose

General advice about ABILIFY:

- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets and the Oral Solution at room temperature
- For patients who must limit their sugar intake, be aware that **ABILIFY Oral Solution contains sugar**
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), **ABILIFY DISCMELT® contains phenylalanine**
- If you have additional questions, talk to your healthcare professional

Find out more about ABILIFY:

Additional information can be found at **www.abilify.com**

*NIZORAL is a registered trademark of Janssen Pharmaceutica; QUINIDEX is a registered trademark of Wyeth Pharmaceuticals; PROZAC is a registered trademark of Eli Lilly and Company; PAXIL is a registered trademark of GlaxoSmithKline; TEGRETOL is a registered trademark of Novartis Pharmaceuticals.

Based on Full Prescribing Information as of 11/09 1239550A7.

Bristol-Myers Squibb Otsuka Otsuka America Pharmaceutical, Inc.

Tablets manufactured by Otsuka Pharmaceutical Co., Ltd., Tokyo, 101-8535 Japan or Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.
Orally Disintegrating Tablets, Oral Solution, and Injection manufactured by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.
Distributed and marketed by Otsuka America Pharmaceutical, Inc., Rockville, MD 20850 USA.
Marketed by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.
U.S. Patent Nos. 5,006,528; 6,977,257; and 7,115,587.

©2009 Otsuka America Pharmaceutical, Inc., Rockville, MD

570USC8CBS01603 0309L-2757 D6-B0001D-11-09-MDD November 2009

TELL US WHAT YOU THINK

YOUR OPINION Matters to Us





Page 156



Page 83



Page 168

Dear GH Reader,

To make sure *Good Housekeeping* just keeps getting better, the editors and I want to know what *you* think. As you go through this issue, which articles did you find the most—and least—interesting? (Don't worry, we can take it!) Which departments and columns are must-reads for you? What do you want to see more of?

We know your free time is precious—that's why our goal is to make GH the best possible magazine for you. So please take just five minutes and log on to survey.goodhousekeeping.com and tell us what you think. As a thank-you, we'll enter you in a GH sweepstakes to win a $5,000 American Express gift card. (See page 234 for the rules.) We're looking forward to hearing your thoughts.

ENTER TO WIN $5,000
Your feedback about GH can really pay off

Rosemary Ellis,
EDITOR IN CHIEF

ARM & HAMMER POWER GEL Detergent
POWER OUT MORE STAINS.*
* vs. value liquid detergents


See the power and save at PowerGelDetergent.com



You'll use taste buds you didn't even know you had.

Crunchy slivers of sliced almonds. Plump and chewy dried cranberries. Sweet yogurt clusters with just a hint of vanilla. It's Raisin Bran with so much more. And now, there's even more cereal in every box.

®, ™, © 2010 Kellogg NA Co.



DOUBLE TROUBLE

If you have asthma and allergies, make sure you get them under control before cold and flu season gets into full swing. Not only can respiratory infections worsen the wheezing and sneezing, but allergic asthma may make it harder for you to fight respiratory viral infections. Researchers at UT Southwestern Medical School found that cells that normally rally your immune system to fight off a virus can't do the job as well once they've come into contact with allergic stimuli (this was also true for some patients with indoor allergies). "Whether you're bothered by dust, mold, or cat dander, give your body the best chance against colds and flu by minimizing your exposure to allergens and working with your doctor to control your condition," says lead author Michelle A. Gill, Ph.D., M.D. And of course, anyone with asthma should be sure to get a flu shot.



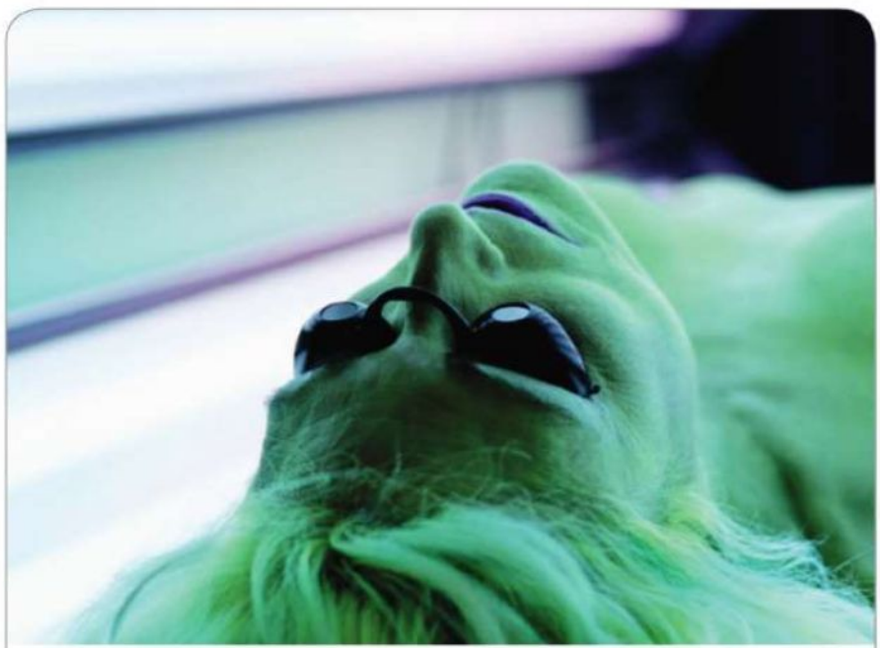
Just Say Thanks...

...and a stronger relationship may be your gift in return. For three weeks, participants in a Florida State University study made a special effort to express gratitude to a romantic partner or close friend, while two other groups spent the three weeks either recalling pleasant memories of the person or thinking about—but not voicing—their appreciation. Speaking up paid off: Compared to the other groups at the study's end, those who said "thanks" out loud rated their relationship as stronger and themselves as more likely to respond to their partner/friend's needs without expecting something in return. Although the research focused on gratitude *givers,* the investigators believe simple thank-yous will also inspire receivers, "propelling couples in an upward spiral of increasing appreciation and willingness to help out," says lead author Nathaniel M. Lambert, Ph.D.



IF YOU'RE PACKING FOR A HOSPITAL STAY, include some of your go-to items for a long flight. In a Chinese study, eye masks and earplugs helped volunteers sleep better in a simulated intensive care setting, say the researchers—and would no doubt help as much in a regular hospital room. Participants enjoyed more REM sleep and less disruption, with more balanced levels of sleep-related hormones—important because sound rest helps speed recovery.→

Photographs, clockwise from top left: STUDIO D; Corbis; Gen Nishino/Getty Images; Corbis.



The Price of Staying Bronzed

As the pale-skin season approaches, consider these stats before signing up for sessions at a tanning salon. Twenty hours or more of indoor tanning—spread over a lifetime—doubles your risk of melanoma. At 50 hours or more, you've tripled your chance of getting the deadliest form of skin cancer, report University of Minnesota researchers. When they compared melanoma patients with cancer-free individuals, they were able to bust many "safety" myths. The researchers' findings:

- **You can't buy a protective base tan** That glow from the salon won't keep you safe at the beach. Plus, people who got sunburned despite salon tanning were at even higher cancer risk.
- **There is no safe device** Different types of tanning beds and booths emit different amounts of ultraviolet A and B radiation, but they all increased the risk of melanoma.
- **It's not just a blond thing** Indoor tanning boosted melanoma risk by the same proportion in everyone, no matter their hair color, age, skin tone, or number of moles and freckles.



Step by Step

It's as simple as one, two, 10,000. If you log between 5,000 and 10,000 steps a day, you'll be 40 percent less likely to develop metabolic syndrome, a condition that predisposes you to diabetes and heart problems. (Specifically, the syndrome is a combination of symptoms—high triglycerides, blood sugar, and blood pressure, with too little good HDL cholesterol and extra belly fat.) Push the pedometer all the way to 10,000 or more steps, and your odds drop 72 percent. The researchers' suggestions:

- Wear a pedometer for a few days to assess your usual activity, then bump it up in 1,000-step increments until you're where you need to be
- Add about 3,000 steps at a shot by walking half an hour at 3.5 miles per hour (that's at least 100 steps a minute)

Also key: building small amounts of pulse-raising activity into the rest of your day, like taking a walk at lunch or using the stairs instead of the elevator at work. "Health officials recommend at least 30 minutes of moderate to vigorous exercise a day—but that's on top of some other physical activity," says senior author Peter Katzmarzyk, Ph.D., of the Pennington Biomedical Research Center in Baton Rouge, LA.

Photographs, clockwise from top left: Ron Chapple/Corbis; istockphoto (3).



FIVE MINUTES OF EXERCISE in a natural setting—like walking in a park or even raking leaves in your backyard—is all it takes to provide a boost in both mood and self-esteem, say researchers from the University of Essex in England. Most powerful: activity near water. ■

© Unilever 2010

Vaseline

WE'RE ON A MISSION TO RESCUE DRY SKIN.

VASELINE® INTENSIVE RESCUE®

ACCELERATES HEALING NON-GREASY MOISTURE



We're against dry skin. That's why we gave Vaseline® Intensive Rescue® to women who were constantly searching online for a solution to their dry skin. The results are in - women across the web reported that their skin was healed without the greasiness. But our mission won't be over until we eliminate dry skin for every woman, everywhere.

Join our Mission at dryskinrescue.com



Deskside Dining

Some 75 percent of office workers eat lunch at their desks at least twice a week. Tired of your turkey sandwich? Try one of these—each is a healthy 450 calories or less.

BROWN-BAG OPTIONS

- **1 Campbell's Soup at Hand** 25% Less Sodium Classic Tomato Soup served with ½ whole wheat pita stuffed with ¼ sliced avocado and 5 grape tomatoes, halved. Drizzle with 1 T pesto.
- **Roast beef wrap:** Spread an 8-inch whole wheat wrap with 1 wedge Laughing Cow Light Blue Cheese and layer with 2 ounces lean roast beef, 2 romaine leaves, and 2 slices each red onion and tomato. Have a banana for dessert.

TAKEOUT OPTIONS

- **Chipotle Burrito Bowl** made with lettuce (no rice), steak, black beans, fajita vegetables, and cheese.
- **Starbucks Chicken on Flatbread with Hummus Artisan Snack Plate,** Deluxe Fruit Blend, tall skinny latte.

This Is Your Brain on Snacks



"My name is Jane, and I'm a snack addict." As if you ever had a doubt, recent research shows that food cravings really can mimic addiction. When scientists gave two groups of women—one obese, the other not—a 300-calorie portion of their favorite high-cal snacks (things like Oreos and M&M's) every day for two weeks, the lower-weight women lost interest in the treat. But the obese women had the opposite reaction: Although they reported a significant decrease in actually liking the snack food, they wanted more of it. Like drug addiction, compulsive eating may be a response that requires the fanatic to seek more food for the same effect. For dieters, the message may be that **going "cold turkey" on the foods you crave is a better strategy** than trying to budget those calories.



DON'T EAT WHAT YOU WATCH...watch what you eat
Here's another reason to grab the clicker during commercials: If your diet consisted entirely of foods advertised, you'd be getting 25 times the recommended amount of sugar and 20 times the amount of fat you should be eating each day (based on a 2,000-calorie diet). ■
SOURCE: Armstrong Atlantic State University, Savannah

Photographs, clockwise from top: Veer; Walter B. McKenzie/Digital Vision/Getty Images; Dorling Kindersley/Getty Images; Ultra.F/Getty Images.

BY SAMANTHA B. CASSETTY, M.S., R.D., GHRI NUTRITION DIRECTOR

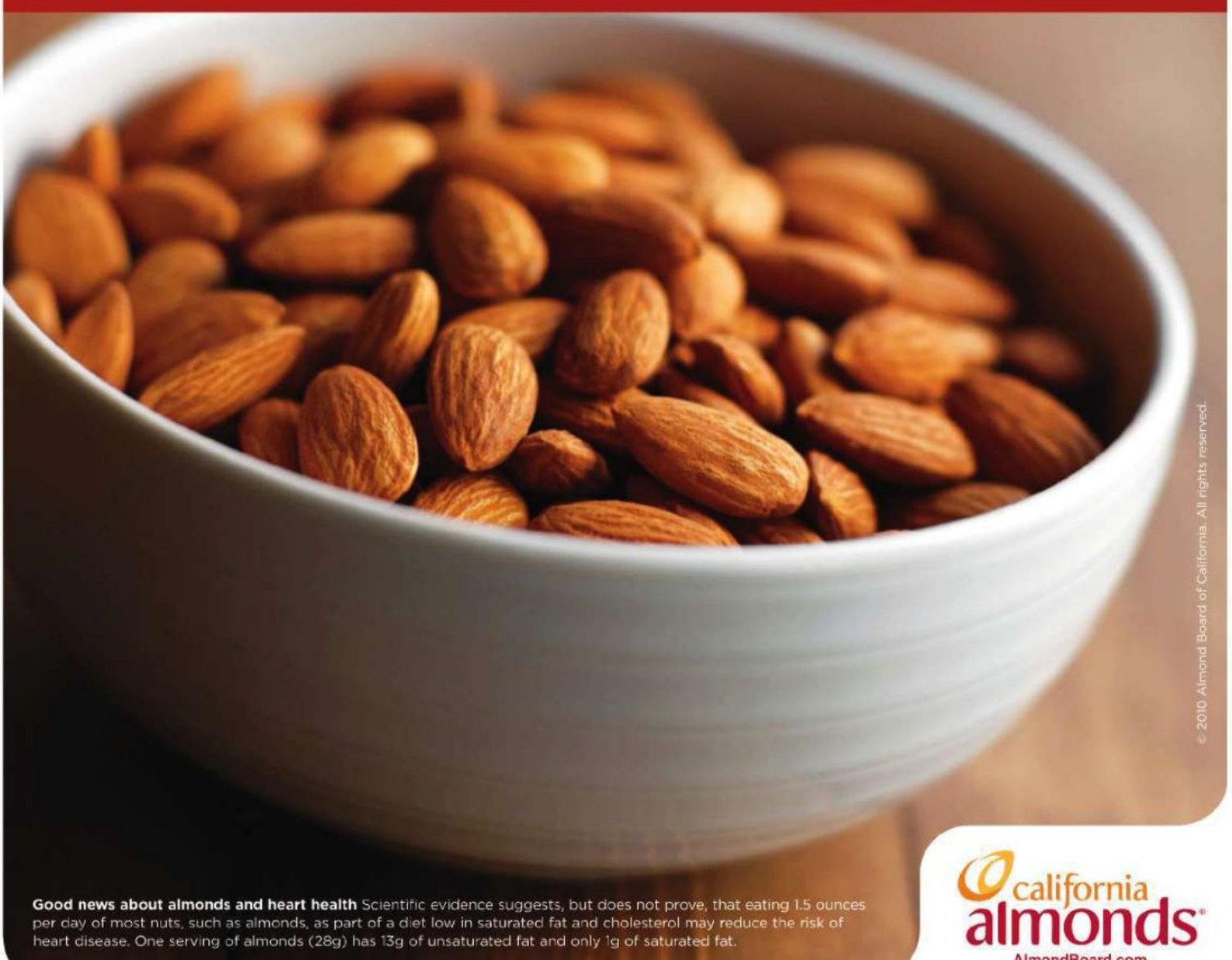


©2010 Cumberland Packing Corp. All Rights Reserved



A handful of **your heart's desire.** Want a snack that loves you back?

Reach for heart-smart, nutrient-rich California Almonds. Just a handful a day can nourish your heart by helping you maintain healthy cholesterol levels. Learn more about the power of a handful at **AlmondBoard.com**



© 2010 Almond Board of California. All rights reserved.

Good news about almonds and heart health Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat.

california almonds®

AlmondBoard.com

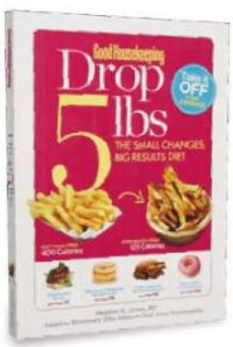


Drop 5 lbs

TIPS AND TRICKS TO TRY TODAY

PEDAL PUSHING

When Harvard researchers tracked the fitness patterns of 18,414 women for 16 years, they found that **those who'd added just five minutes of pedal time per day** to an otherwise bike-free life gained three fewer pounds than walkers. Why biking over hiking? Once you're seated, it's harder to quit than if you're walking—you have to actually get *off,* as opposed to just stopping in your tracks—so biking encourages you to persevere, explain the researchers. And while about five minutes a day worked for study participants, a longer spin—on a stationary bike, or outside—will help keep off even more pounds.



JUST IN TIME TO HALT HOLIDAY WEIGHT GAIN... we've turned our *Drop 5 lbs* page into a book! On sale this month in bookstores, *Drop 5 lbs: The Small Changes, Big Results Diet* is chock-full of recipes, tips, and research-based strategies for weight loss. It's a guide just for you: the busy woman who wants to slim down—in any season.



DO THE MATH 1 piece of apple pie (⅛ of a 9" pie, 363 calories) = 4 Lärabar Apple Pie Mini Bars (90 calories each)

Hit the Sauce!

Your favorite cranberry side doesn't have to bog you down. Our version is tangy, thanks to ginger and orange peel—and low-cal, so you can indulge and *still* be thankful, post-turkey, that your skirt zips. To make: In a 2- to 3-quart saucepan, combine one 12-oz. bag of cranberries, 1 cup water, ½ cup granulated Splenda, 1 tsp. grated peeled fresh ginger, 1 cinnamon stick, and the peel from half an orange. Heat to boiling on high, then reduce heat to medium and simmer 2 minutes. Makes 2¼ cups (9 servings).

Classic cranberry sauce
105 CALORIES PER SERVING (¼ CUP)

Healthy Makeover
Our slimmed-down sauce
31 CALORIES PER SERVING

You save 74 calories

Photographs, clockwise from top left: istockphoto; Laurie Vogt Photography Inc./StockFood; J MUCKLE; Andrew McCaul/Getty Images; PHILIP FRIEDMAN/STUDIO D.

Click Here Find more easy ways to lose weight at goodhousekeeping.com/drop5


NEW
GARNIER
FRUCTIS
COLOR SHIELD
NOW IT WORKS 2 WAYS:
ACAI BERRY ANTIOXIDANT
protects color
GRAPE SEED OIL
prevents dryness
locks in color
& moisturizes
STOP DRY-OUT. FIGHT FADE-OUT.
COLOR STAYS BOLD,
EVEN AFTER 45 WASHES.*
PROVEN TO PERFORM.
Keep color brilliant, hair silky & soft.
Take care.
GARNIER
keep your color @ garnierusa.com
*When using Garnier Fructis Color Shield Shampoo and Conditioner. ©2010 Garnier LLC

Pork & Gingered Apples

SWAP THE CHOP for lean pork tenderloin, use fresh apples instead of sweetened sauce, and serve atop fiber-rich bulgur for a low-cal—and heart-healthy—take on a favorite comfort food

Healthy in a Hurry

Total time 30 minutes
Makes 4 main-dish servings

- ½ tsp. ground coriander
- ¼ tsp. ground cumin
- 1 whole pork tenderloin (1 lb.)
- 2 tsp. olive oil
- 3 Gala or Fuji apples, cored
- 2 cloves garlic, crushed with press
- 1 tsp. grated peeled fresh ginger
- ¾ c. bulgur

1. In small bowl, combine ¼ teaspoon coriander, ⅛ teaspoon cumin, ⅛ teaspoon salt, and ¼ teaspoon pepper. Cut pork crosswise into 1½-in.-thick slices. Press each slice with hand to flatten slightly; rub with spices.
2. In 12-in. skillet, heat oil on medium-high until hot. Add pork; cook 4 minutes or until golden. Turn pork; cook 3 to 4 minutes or until barely pink in center. Transfer to plate.
3. Meanwhile, coarsely grate one apple and chop remaining two apples.
4. Reduce heat to medium. Add garlic and ginger; cook 30 seconds. Add apples and remaining ¼ teaspoon coriander and ⅛ teaspoon cumin. Cook 2 minutes, stirring often. Add 1 cup water and ¼ teaspoon salt, scraping up browned bits. Cover; cook 7 minutes or until apples are very tender. Return pork to skillet; cook 2 minutes to heat through.
5. While apples cook, in large, microwave-safe bowl, stir bulgur and 1½ cups water. Microwave, uncovered, on High 10 to 12 minutes or until tender. Fluff with fork; serve with pork, apple mixture, and wilted Swiss chard or other greens, if you like.

EACH SERVING About 310 calories, 28 g protein, 40 g carbohydrate, 5 g total fat (1 g saturated), 8 g fiber, 74 mg cholesterol, 285 mg sodium.

Click Here Find 100 healthy meals you can make in less than 30 minutes at goodhousekeeping.com/healthyhurry



Photograph by KATE SEARS. Food styling by Anne Disrude. Prop styling by Marcus Hay for patbatesandassociates.com.

FOR ANOTHER FAST, EASY MEAL, see page 179



©2010 Dole Packaged Foods, LLC. DOLE and Make Every Day Shine are registered trademarks of Dole Food Company, Inc.

ORGANIC FOOD what's really worth it

We asked 92 tasters, including some very picky kids, to choose their favorite soup, pizza, mac 'n' cheese, and more. And—surprise!—the winners often cost less **By Samantha B. Cassetty, M.S., R.D., GHRI nutrition director**



Enter a supermarket anywhere, and you'll find a growing number of organic products. Not just fruits and veggies, but peanut butter, ice cream—you name it. And moms are buying: Between 2000 and 2008, sales of organics rose at least 15 percent per year. Even in the economic downturn of 2009, sales were up 5 percent. What's helped drive those numbers: New, lower-cost private-label organics from chains like Safeway, Publix, and Kroger. When you can find A&P's organic Green Way frozen pizza for 50 cents less than DiGiorno, you know you're not in the pricey specialty-foods store anymore.

Nonetheless, organics generally are pricier than conventionally produced food—and that can add up, especially at a time of year when we're entertaining and feeding visiting relatives. So, putting aside the big questions (see "Is It Really Healthier?" page 57), do these products taste good enough to replace your usual picks? To find out, the GHRI nutrition department created the ultimate smackdown—a taste comparison of private-label organic products against more expensive name brands and against top-selling nonorganic choices. Here, in time for your holiday marketing, what to put in your cart.→

Photograph by PHILIP FRIEDMAN/STUDIO D

The Ultimate Smackdown

GHRI TEST

Taste reports on 13 family-friendly breakfast, lunch, dinner & snack products

THE TASTERS 92 volunteers, including 13 elementary school kids on all products except plain oatmeal and produce, which we thought might earn too many *"yucks!"*

HOW WE TESTED Round 1: We compared a total of 52 private-label organic products from top grocers to 28 of the leading brand-name organic products (for example, Winn-Dixie Organic Creamy Peanut Butter versus Smucker's Organic Creamy Peanut Butter), to see how the store brands fared. Then we pronounced an Organic Winner. Round 2: Next we held a face-off, pitting the Organic Winner from round 1 against the best-selling nonorganic name-brand item in each category (for instance, Annie's Organic Classic Macaroni & Cheese versus Kraft Macaroni & Cheese Dinner). Here, the winners, with comments from tasters.

ORGANIC WINNER	FACE-OFF WINNER	WHAT TASTERS SAID
PASTA SAUCE **ADULTS** Organic Traditional Ragú; 365 Organic Tomato Basil **KIDS** O Organics Tomato Basil	**ADULTS** Prego Traditional Italian **KIDS** Organic Traditional Ragú 	Overall, organic sauces rated well, so we wound up with a tie. But in the end, the nonorganic Prego's "homemade flavor" prevailed, at least for the adults.
MAC 'N' CHEESE **ADULTS** 365 Organic **KIDS** Annie's Organic Classic	**ADULTS** 365 Organic **KIDS** Kraft 	**Kids love mac 'n' cheese; they gave all three organic brands high scores, though old fave Kraft ultimately won. Adults liked 365 Organic for its "natural" flavor.**
PEANUT BUTTER **ADULTS** Private Selection Organic All Natural Creamy **KIDS** Winn-Dixie Organic Creamy	**ADULTS & KIDS** Jif Creamy 	Choosy moms choose Jif for a reason: It has a "great roasted nut flavor," as one taster noted. Want organic? Pick a store brand: Three outscored pricier name brands.
CHICKEN NOODLE SOUP **ADULTS** Pacific Natural Foods Organic Chicken and Penne Pasta **KIDS** Muir Glen Organic Chicken Noodle	**ADULTS** Pacific Natural Foods Organic Chicken and Penne Pasta **KIDS** Campbell's Chicken Noodle Condensed 	**"Closest to homemade" was a big selling point for adults, who chose Pacific Foods. Kids didn't much like the organics; their pick: the slightly saltier Campbell's.**
BABY CARROTS **ADULTS ONLY** Wild Harvest Organic	Grimmway Farms 	Among the seven brands of carrots, taste ranged from "sweet" to "bitter, metallic." Nonorganic "crunchy, carroty, fresh" Grimmway Farms was the overall winner.



PRIVATE-LABEL BRANDS: WHERE YOU'LL FIND THEM 365 Organic: Whole Foods Market. Green Way: A&P, Waldbaum's, Pathmark, Food Emporium, Super Fresh, Food Basics. GreenWise: Publix. O Organics: Safeway, Vons, Carrs, Randalls, Tom Thumb, Genuardi's. Private Selection Organic: Kroger, Ralphs, King Soopers, City Market, Dillons, Smith's, Fry's, QFC, Baker's, JayC Food Stores, Gerbes, Pay Less Super Markets, Scott's Food & Pharmacy. Wild Harvest Organic: Shaw's/Star Market, Jewel-Osco, Albertsons, Farm Fresh, Shop 'n Save, Acme, Hornbacher's, Cub Foods. Winn-Dixie Organics: Winn-Dixie. Nature's Basket Organic: Giant Eagle, Market District, Giant Eagle Express.

Photograph by Pulp/Getty Images

Can your body wash nourish this deeply?

Other moisturizing body washes are made with a thick and heavy moisturizing ingredient that sits on top of skin, almost as if you are wearing it. Only Dove contains NutriumMoisture™, a breakthrough formula of soybean oil and skin-natural lipids that can nourish deep down. In fact, it's the most effective natural nourishment ever. So next time you're choosing a body wash, ask yourself, "Can it do what Dove does?"

Superior natural nourishment for your skin.



THEIR MOISTURIZING INGREDIENT

Dove nutrium moisture™



discover the dove difference at dove.com

Demonstration of one ingredient in NutriumMoisture™ shows difference in how moisturizers can work on the surface layer of skin.

© 2009 Unilever



ORGANIC WINNER	FACE-OFF WINNER	WHAT TASTERS SAID
FROZEN GREEN BEANS ADULTS ONLY O Organics Whole	Green Giant Valley Fresh Steamers Select Whole 	Though O Organics won in the first round, it lost out to Green Giant Valley Fresh Steamers. These beans, tasters felt, lived up to the "fresh" in their name.
FROZEN RASPBERRIES ADULTS ONLY **O Organics**	**O Organics** 	**Our panelists preferred the "sweet, juicy flavor" of O Organics to the "sour," "bitter" Dole berries.**
FROZEN STRAWBERRIES ADULTS ONLY Cascadian Farm	Dole 	Dole won by a landslide because its fruit "most resembled fresh, juicy strawberries." The organics were generally found to be "slimy," "mushy," and "not sweet or ripe."
FROZEN WAFFLES (PLAIN) ADULTS Nature's Path Organic Homestyle; O Organics Flax KIDS Nature's Path Organic	ADULTS Nature's Path Organic Homestyle KIDS Eggo Homestyle 	**Nature's Path took top honors with adults (and kids in round 1), maybe for its sweetness. Still, for kids, familiarity rules; they rated best seller Eggo the champ.**
FROZEN PIZZA (CHEESE) ADULTS AND KIDS Amy's Cheese	ADULTS DiGiorno Rising Crust Four Cheese; Amy's Cheese KIDS DiGiorno Rising Crust Four Cheese 	Young tasters liked all the pies, though they agreed Amy's was tops in round 1. In the face-off, some adults and the kids shifted to DiGiorno, praising its denser crust.
CANNED CORN ADULTS ONLY GreenWise Organic Whole Kernel	**GreenWise Organic Whole Kernel** 	**The organic store brand edged out the others because of its "crisp kernels," though face-off contestant Del Monte also got high marks for its "real corn" taste.**
OATMEAL ADULTS ONLY Bob's Red Mill Organic Quick Cooking Rolled Oats	Bob's Red Mill Organic Quick Cooking Rolled Oats 	This "creamy," "grainy" oatmeal bested both the organic and the nonorganic competition.
PREWASHED MIXED SALAD GREENS ADULTS ONLY Wild Harvest Organic Spring Mix	**Wild Harvest Organic Spring Mix** 	**"Crisp" and "fresh" Wild Harvest won, though competition was close—except for Fresh Express greens, which were pronounced "bitter" by almost half our tasters.**

Photograph by Nicholas Eveleigh/Getty Images

MY GOAL IS TO BREATHE BETTER EVERY DAY.



ONCE-DAILY SPIRIVA helps people with COPD breathe better.

If you have COPD (chronic obstructive pulmonary disease), which includes chronic bronchitis, emphysema or both, rescue inhalers alone may not be enough. You and your doctor could talk about adding once-daily SPIRIVA. Taken every day, SPIRIVA can help you breathe better.

Ask your doctor about SPIRIVA, because it:

- Is the only once-daily, inhaled maintenance prescription treatment for both forms of COPD
- Significantly improves lung function by keeping airways open
- Helps you breathe better for a full 24 hours
- Is not a steroid

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

SPIRIVA® is not for everyone. SPIRIVA® HandiHaler® is a prescription medicine used once every day (a maintenance medicine) to control symptoms of chronic obstructive pulmonary disease (COPD) by relaxing your airways and keeping them open. COPD includes chronic bronchitis, emphysema, or both. SPIRIVA HandiHaler is not a rescue medicine and should not be used for treating sudden breathing problems. Do not swallow SPIRIVA capsules. The contents of the capsule should only be inhaled by mouth using the HandiHaler device. Stop taking SPIRIVA and get medical help right away if your breathing suddenly worsens, your throat, lips, or tongue swells, you get hives, you have vision changes or eye pain, or you have difficulty passing urine or painful urination.

Tell your doctor if you have glaucoma, problems passing urine or an enlarged prostate, as these may worsen with SPIRIVA. Tell your doctor if you have kidney problems or are allergic to milk proteins. Ask your doctor if you are not sure. Also discuss with your doctor all the medicines you take, including eye drops. The most common side effect with SPIRIVA is dry mouth. Others include constipation and trouble passing urine. For a complete list of reported side effects, ask your doctor or pharmacist.

THERE MAY BE MORE YOU CAN DO TO HELP MANAGE YOUR COPD.
Talk to your doctor about lifestyle changes and SPIRIVA.
Also call 1.877.SPIRIVA (774.7482) **or visit SPIRIVA.COM**
Please see Important Patient Information on reverse.

Once-Daily
SPIRIVA® HandiHaler®
(tiotropium bromide inhalation powder)

SV77175CONS SAR00348

IMPORTANT PATIENT INFORMATION

SPIRIVA® (speh REE vah) HandiHaler®

(tiotropium bromide inhalation powder)



Do NOT swallow SPIRIVA capsules.



After putting the SPIRIVA capsule into the HandiHaler device, breathe in your medicine through your mouth.

<u>Important Information:</u> Do not swallow SPIRIVA capsules. SPIRIVA capsules should only be used with the HandiHaler device. SPIRIVA HandiHaler should only be inhaled by mouth (oral inhalation).

Read the information that comes with your SPIRIVA HandiHaler before you start using it and each time you refill your prescription. There may be new information. This leaflet does not take the place of talking with your doctor about your medical condition or your treatment.

What is SPIRIVA HandiHaler?

SPIRIVA HandiHaler is a prescription medicine that you use one time every day (a maintenance medicine) to control symptoms of chronic obstructive pulmonary disease (COPD). SPIRIVA HandiHaler helps make your lungs work better for 24 hours. SPIRIVA HandiHaler relaxes your airways and helps keep them open. You may start to feel like it is easier to breathe on the first day, but it may take longer for you to feel the full effects of the medicine. SPIRIVA HandiHaler works best and may help make it easier to breathe when you use it every day.

SPIRIVA HandiHaler also reduces the likelihood of flare-ups and worsening of COPD symptoms (COPD exacerbations). A COPD exacerbation is defined as an increase or new onset of more than one COPD symptom such as cough, mucus, shortness of breath, and wheezing that requires medicine beyond your rescue medicine.

SPIRIVA HandiHaler is **not** a rescue medicine and should not be used for treating sudden breathing problems. Your doctor may give you other medicine to use for sudden breathing problems.

SPIRIVA HandiHaler has not been studied in children.

Who should not take SPIRIVA HandiHaler?

Do not use SPIRIVA HandiHaler if you:

- are allergic to tiotropium. See the end of this leaflet for a complete list of ingredients.
- have had an allergic reaction to ipratropium (Atrovent®).

Allergic reactions may include itching, rash, or swelling of the lips, tongue or throat (trouble swallowing).

What should I tell my doctor before using SPIRIVA HandiHaler?

Before taking SPIRIVA HandiHaler, tell your doctor about all your medical conditions, including if you:

- have kidney problems.
- have glaucoma. SPIRIVA HandiHaler may make your glaucoma worse.
- have an enlarged prostate, problems passing urine, or a blockage in your bladder. SPIRIVA HandiHaler may make these problems worse.
- are pregnant or plan to become pregnant. It is not known if SPIRIVA HandiHaler could harm your unborn baby.
- are breast-feeding or plan to breast feed. It is not known if SPIRIVA HandiHaler passes into breast milk. You and your doctor will decide if SPIRIVA HandiHaler is right for you while you breast-feed.
- have a severe allergy to milk proteins. Ask your doctor if you are not sure.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines and eye drops, vitamins, and herbal supplements. Some of your other medicines or supplements may affect the way SPIRIVA HandiHaler works. SPIRIVA HandiHaler is an anticholinergic medicine. You should not take other anticholinergic medicines while using SPIRIVA HandiHaler, including ipratropium. Ask your doctor or pharmacist if you are not sure if one of your medicines is an anticholinergic.

Know the medicines you take. Keep a list of your medicines with you to show your doctor and pharmacist when you get a new medicine.

How should I take SPIRIVA HandiHaler?

- Use SPIRIVA HandiHaler exactly as prescribed. Use SPIRIVA HandiHaler one time every day.
- Read the "Patient's Instructions for Use" that comes with your prescription before you use SPIRIVA HandiHaler. Talk with your doctor if you do not understand the instructions.
- **Do not swallow SPIRIVA capsules.**
- **Only use SPIRIVA capsules with the HandiHaler device.**
- **Do not use the HandiHaler device to take any other medicine.**
- SPIRIVA HandiHaler comes as a powder in a SPIRIVA capsule that fits the HandiHaler device. Each SPIRIVA capsule, containing only a small amount of SPIRIVA powder, is one full dose of medicine.
- Separate one blister from the blister card. Then take out one of the SPIRIVA capsules from the blister package right before you use it.
- After the capsule is pierced, take a complete dose of SPIRIVA HandiHaler by breathing in the powder by mouth two times, using the HandiHaler device (take 2 inhalations from one SPIRIVA capsule). See the "Patient's Instructions for Use" that comes with your prescription.
- Throw away any SPIRIVA capsule that is not used right away after it is taken out of the blister package. Do not leave the SPIRIVA capsules open to air; they may not work as well.
- If you miss a dose, take it as soon as you remember. Do not use SPIRIVA HandiHaler more than one time every 24 hours.
- If you use more than your prescribed dose of SPIRIVA HandiHaler, call your doctor or a poison control center.

What should I avoid while using SPIRIVA HandiHaler?

Do not let the powder from the SPIRIVA capsule get into your eyes. Your vision may get blurry and the pupil in your eye may get larger (dilate). If this happens, call your doctor.

What are the possible side effects of SPIRIVA HandiHaler?

SPIRIVA HandiHaler can cause serious side effects. If you get any of the following side effects, stop taking SPIRIVA HandiHaler and get medical help right away.

- **Allergic reaction.** Symptoms may include: itching, rash, swelling of the lips, tongue, or throat (trouble swallowing).
- **Sudden narrowing and blockage of the airways into the lungs (bronchospasm).** Your breathing suddenly gets worse.
- **New or worsened increased pressure in the eyes (acute narrow-angle glaucoma).** Symptoms of acute narrow-angle glaucoma may include: eye pain, blurred vision, seeing halos (visual halos) or colored images along with red eyes.
- **New or worsened urinary retention.** Symptoms of blockage in your bladder and/or enlarged prostate may include: difficulty passing urine, painful urination.

Other common side effects with SPIRIVA HandiHaler include:

- upper respiratory tract infection
- dry mouth
- sinus infection
- sore throat
- non-specific chest pain
- urinary tract infection
- indigestion
- runny nose
- constipation
- increased heart rate
- blurred vision

These are not all the possible side effects with SPIRIVA HandiHaler. Tell your doctor if you have any side effect that bothers you or that does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How do I store SPIRIVA HandiHaler?

- **Do not store SPIRIVA capsules in the HandiHaler device.**
- Store SPIRIVA capsules in the sealed blister package at room temperature between 68°F-77°F (20°C-25°C).
- Keep SPIRIVA capsules away from heat and cold (do not freeze).
- Store SPIRIVA capsules in a dry place. Throw away any unused SPIRIVA capsules that have been open to air.

Ask your doctor or pharmacist if you have any questions about storing your SPIRIVA capsules.

Keep SPIRIVA HandiHaler, SPIRIVA capsules, and all medicines out of the reach of children.

General information about SPIRIVA HandiHaler

Medicines are sometimes prescribed for purposes other than those listed in Patient Information leaflets. Do not use SPIRIVA HandiHaler for a purpose for which it has not been prescribed. Do not give SPIRIVA HandiHaler to other people even if they have the same symptoms that you have. It may harm them.

For more information about SPIRIVA HandiHaler, talk with your doctor. You can ask your doctor or pharmacist for information about SPIRIVA HandiHaler that is written for health professionals.

For more information about SPIRIVA HandiHaler, you may call Boehringer Ingelheim Pharmaceuticals, Inc. at 1-800-542-6257 or (TTY) 1-800-459-9906.

What are the ingredients in SPIRIVA HandiHaler?

Active ingredient: tiotropium
Inactive ingredient: lactose monohydrate

What is COPD (Chronic Obstructive Pulmonary Disease)?

COPD is a serious lung disease that includes chronic bronchitis, emphysema, or both. Most COPD is caused by smoking. When you have COPD, your airways become narrow. So, air moves out of your lungs more slowly. This makes it hard to breathe.

Distributed by:
Boehringer Ingelheim Pharmaceuticals, Inc.
Ridgefield, CT 06877 USA

Boehringer Ingelheim

Marketed by:
Boehringer Ingelheim Pharmaceuticals, Inc.
Ridgefield, CT 06877 USA
and
Pfizer Inc
New York, NY 10017 USA

Pfizer

Licensed from:
Boehringer Ingelheim International GmbH

SPIRIVA® and HandiHaler® are registered trademarks and are used under license from Boehringer Ingelheim International GmbH.

©Copyright 2009 Boehringer Ingelheim International GmbH

ALL RIGHTS RESERVED

SPIRIVA® is covered by U.S. Patent Nos. RE38,912, RE39,820, 5,478,578, 6,777,423, 6,908,928, 7,070,800, and 7,309,707 with other patents pending. The HandiHaler® device is covered by U.S. Design Patent No. D355,029 with other patents pending.

Rev: December 2009 IT1600WL1609 10004551/07 65626-08
SAR00345 SV77158

If you or someone you know needs help paying for medicine, call 1-888-4PPA-NOW (1-888-477-2669). Or go to www.pparx.org

Partnership for Prescription Assistance



Is It Really Healthier?

What the evidence shows

There's no question organics are better for plants, animals, farm workers, and the ecosystem. But are they actually healthier for you and your family? There's a great deal of debate—sometimes partisan, always heated—on nutritional advantages. While research is trending toward showing that organic food has more of certain nutrients, that doesn't mean the organic tomato you pick from a bin will definitely be richer in these than its conventionally grown cousin at the other end of the aisle. Too many other factors—soil conditions, weather, how the produce was transported and stored—come into play to allow for certainty that any one piece of fruit or vegetable is better for you than another. But there's an additional issue to consider—namely, safety:

Pesticides Eating food that's certified organic means you're limiting your exposure to the chemicals used to kill plant pests. The Environmental Protection Agency regulates pesticides →

What "Organic" Means

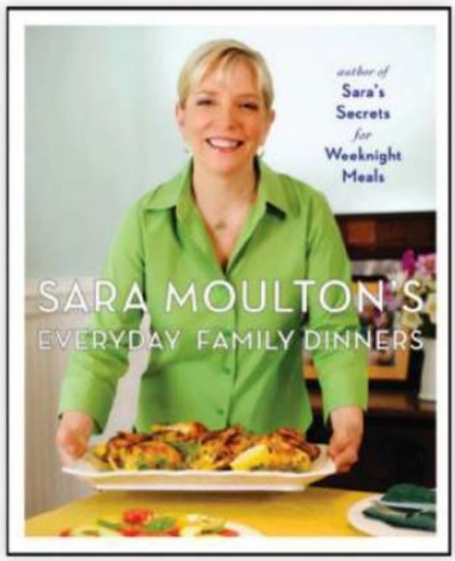
Thanks to the USDA National Organic program, it's **less of a labeling free-for-all** in the supermarket these days. When you see the circular "USDA Organic" logo on a package, it means that the food was **produced according to strict practices** that don't allow the use of synthetic flavors, colors, sweeteners, most preservatives, toxic or long-lasting pesticides and fertilizers, or methods like genetic engineering. Organic farming and production methods also **ensure that animals are treated more humanely.** Another assurance: Producers of certified organic food are subject to **announced and unannounced inspections** to make sure farming and manufacturing practices are up to snuff. While timely follow-through has been a problem in the past for the USDA program, major increases in its budget and staff have given it more bite.

Photograph by Veer

promotion

BACK TO SCHOOL...
BACK TO WORK...
BACK TO COOKING!

In **Sara Moulton's Everyday Family Dinners**, the chef, cookbook author and television personality shares more than 200 new family-tested, family-pleasing recipes. Whether you're new to the kitchen or just looking for a way to spice up your recipe repertoire, Sara's carefully tested quick and easy recipes will help you get dinner on the table every night of the week.



"A wonderful, practical source of inspiration for busy parents who believe strongly that wholesome, home-cooked meals should be on the table at minimum five days a week."

– Pamela Silvestri
Staten Island Advance

Available wherever books are sold, or at **saramoulton.com**



®, TM, © 2010 Kellogg NA Co.

to ensure that they don't pose unreasonable risks to our health or to the environment. Still, a number of research scientists are concerned about the types and levels of pesticides allowed in conventional farming. A recent study of 12,000 children, for example, found that those with above-average levels of pesticides in their urine were nearly twice as likely to have ADHD as kids with undetectable levels. Developing brains and nervous systems are the most vulnerable to chemicals, so if you're pregnant or have young children (especially under age 2), spending more for organic food might be smart. And all families can reduce their risk by peeling fruits and vegetables.

Antibiotics Conventionally farmed livestock and poultry are routinely given drugs to prevent illness and boost the rate of growth, a practice that has contributed to the emergence of antibiotic-resistant bacteria. Buying organic meat, poultry, and milk means you are assured the animal has never been treated with antibiotics. On nonorganic meat and poultry, labels of "no added antibiotics," "no antibiotics administered," and "raised without antibiotics" mean the same thing, though the claims are not as tightly regulated. Milk *is* strictly regulated, and even nonorganic brands don't contain a significant level of antibiotics, if any.

Hormones These are often used to fatten conventionally raised cattle or to enhance milk production. Organic cattle aren't treated with hormones, and some conventional cattle aren't either, so if you're concerned about hormone use, you can choose organic meat and dairy or look for a hormone-free claim on other packages. Hormones aren't used on pork or poultry, so claims on those items are meaningless. ■

Not all organic food is local, nor is all local food organic—even the produce at farmers' markets

SMART SHOPPING

Sounds Like Organic, But...

Many people confuse these claims with the real (certified organic) thing. Here's the lowdown on the lingo

NATURAL On meat and poultry, this indicates that no artificial flavorings or colorings were added and that the cut was not irradiated to reduce bacteria, but it doesn't tell you anything about how the animal was raised. On products outside the meat case, the term is undefined (and unregulated), so it doesn't mean anything.

FREE RANGE When you see this term on chicken and eggs, it means that the bird has had access to the outdoors. But the USDA doesn't regulate how much time chickens must spend there or what kind of surface it must be (it could be cement).

LOCALLY GROWN Can you define "nearby"? Neither can federal regulators—there's no standard for descriptions of how far food has traveled to reach your store. It's also important to remember that not all organic food is locally grown, nor is all locally grown food organic—even the vegetables and fruit you see at farmers' markets.




HOWEVER YOU STYLE YOUR HAIR
DOVE TAKES CARE OF THE DAMAGE.*
Dove
damage therapy
INTENSIVE REPAIR
shampoo
conditioner
FIBER ACTIVES
Reinvented.
Dove Intensive Repair shampoo and conditioners with Fiber Active technology.
Repair your hair from the inside and make it more beautiful on the outside.
*Refers to the signs of damage.
**Do not attempt to use a whisk on hair.
dovehair.com



This Mom's Life

"Emme loves anything girlie and sparkly. Whenever she sees anything that's bedazzled, she's like 'Ooh, wow!' I think that's what every mom dreams of, that you'll have a little girl who you're going to dress up."

—Jennifer Lopez, mom of twins Emme and Max, 2½

Photographs, clockwise from top: James White/Corbis Outline; GF/bauergriffinonline.com; Christopher Peterson/BuzzFoto/Getty Images; John K./Todd G./Splash News; RICHARD MAJCHRZAK, styling by Miako Katoh.

Star Style | Leopard Scarves



How to get the look

As temperatures cool down, wrap up the way Mena Suvari, Lisa Kudrow, and Keira Knightley do: with a cozy animal-pattern scarf. It looks wildly chic with anything from a simple black dress to jeans and a cardigan. Our pick is by Ann Taylor. (For more great scarves, see page 83.)







SHOPPING DETAILS, page 234

Available at **Sephora, Ulta, Sephora inside JC Penney, Massage Envy Spa, Fine Spas** and **Salons** & **Murad.com**

Ahhhh!



Über-rich Hydro-Dynamic™ Ultimate Moisture is the most complete form of hydration you can find. It's pure, skin-quenching refreshment that's gentle enough for sensitive skin.

Locks in optimal moisture for 8 hours!

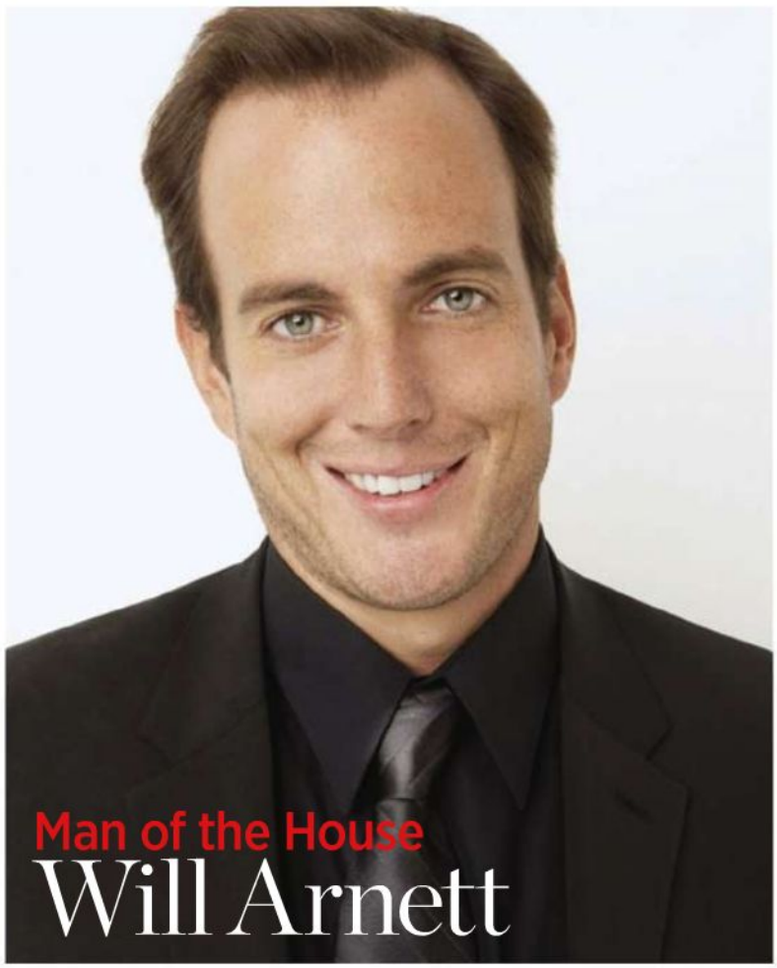
Reducing the Signs of Aging through The Science of Cellular Water™

Visit **Murad.com/gh1** for your **FREE SAMPLE***

Murad.

Transforming Skincare®

*Available while supplies last. © Murad, Inc. 2010



Man of the House
Will Arnett

Kitchen magician: Will Arnett just loves to organize the fridge for his family

To some, Will Arnett is best known for playing goofy Gob Bluth on the cult-classic TV series *Arrested Development;* others will recognize him from *30 Rock.* But anyone with a *Sesame Street* fan in the house knows the 40-year-old actor as Max the Magician, his guest-starring role on the PBS hit. "My son's seen it three times, and he doesn't know exactly what to make of it," says Arnett of Archie, his 2-year-old son with his wife, actress Amy Poehler. (The comedic clan just got larger; son Abel was born in August.)

And now Arnett is also starring on Fox's new show *Running Wilde,* on which he plays a spoiled rich guy who's trying to change his shallow ways in an attempt to win back the girl who got away.

Arnett sees signs that his older son has inherited his parents' funny DNA. "Archie eats blueberries off his plate without his hands," says the proud dad. "He goes out of his way to do it and get both of us laughing. Seeing him try to make us laugh is the best." Here, a peek into their New York City life:

- **The best part about marriage is...**being with someone who understands you.
- **The toughest part about being married is...** There are lots of terrible parts [*laughs*]. That's a joke. You know, it's all about ego, right? You have two different, distinct people, and it's navigating those waters, but I think we do a really good job.
- **Our typical Saturday night is...**so lame. Ordering Chinese food, putting our sons to bed, me watching hockey and my wife watching *Top Chef* in the other room.
- **Around the house I'm the...**fix-it, put-it-together guy. Anything that requires assembly—that's me. And I always put the groceries away.
- **I'm a fanatic about...**organizing the fridge. Nothing drives me crazier than a short, stout item on a shelf that has a lot of headroom. If I see a small jar of jam next to a carton of milk—forget it.
- **The house project that made me the most nervous was...**putting dimmers on the light switches. I thought, *Boy, I'm stepping out of my comfort zone here.* For weeks I was checking the switches to see if they felt hot. I was so worried I would burn the building down. But I was lucky.
- **The one thing I've vowed to let my kids do that I wasn't allowed to do is...**eat sweets, which turned me into a total sweet hound. I'm not going to inundate my kids with candy, but I'm not going to make it so precious. I don't want to create another monster like me.
- **The most challenging part of being a dad is...** learning the boundaries of a 2-year-old. Trying to figure out how not to spoil him. And I don't mean with toys; I mean making sure you don't constantly cave—that's tough.
- **The most rewarding part about being a dad is...** every waking moment. It's such an unbelievable joy that you could never possibly articulate. It's amazing to watch them absorb life. Your kids are the one thing in the world that everything stops for. There's nothing more important. I could honestly go on like this for three hours. If you multiply every cliché by every cliché to the power of infinity, it's still not enough! —*Cortney Pellettieri*

Photograph by Larsen & Talbert/Icon International



How I Stay Sane

"It sounds corny, but I've been trying to get better at staying in the moment. I do deep breathing for at least 10 minutes a day to let things unfold. If you try to make things happen or force things, it doesn't work. I've only been working on that for around 20 years."

—Megan Mullally

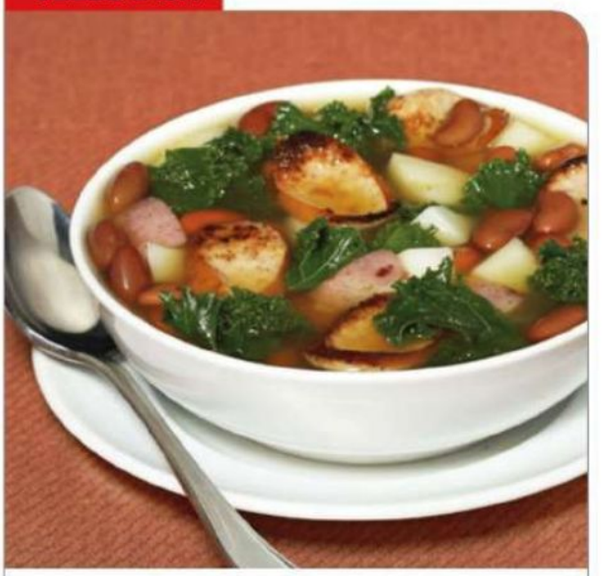
WHAT I LOVE ABOUT MY KID



"I saw James Wilkie standing in front of the mirror.... I heard him say, 'I have to be handsome when I meet my sisters.' It killed me."

—Sarah Jessica Parker

CELEB DISH





Alton Brown's Harvest Stew

- 1 lb. fully cooked kielbasa (smoked Polish sausage), thinly sliced on an angle
- Vegetable oil
- 8 cloves garlic, finely chopped
- 2 cartons (32 oz. each) chicken broth
- 1 lb. dried red kidney beans, soaked at least 4 hours or up to overnight, drained
- 1 lb. red potatoes, cut into ½-in. chunks
- 6 oz. kale, tough stems discarded, torn into 1-in. pieces
- ¼ c. red wine vinegar
- Pepper

1. In 7-quart Dutch oven or heavy saucepot, cook kielbasa on medium 15 minutes or until browned on both sides, stirring occasionally; transfer kielbasa to plate and set aside.

2. Add enough oil to Dutch oven to equal 2 teaspoons total fat. Add garlic; cook 2 minutes or until golden, stirring constantly. Add broth and beans; heat to boiling on high. Reduce heat to medium; cover and simmer 45 minutes.

3. Add potatoes; cover and cook 15 minutes, stirring occasionally. Stir in kale; cover and cook 10 minutes or until kale is just tender.

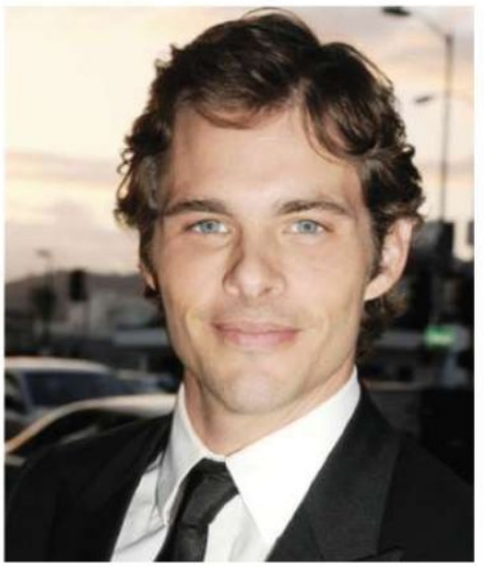
4. Stir in vinegar and ½ teaspoon freshly ground black pepper. Return kielbasa to Dutch oven and cook 3 to 5 minutes or until heated through. Makes 6 to 8 main-dish servings.

Alton Brown's new book, ***Good Eats 2: The Middle Years,*** is out now.

Click Here Find more celebrity recipes at goodhousekeeping.com/celebritydish

Photographs, from top left: Jeff Vespa/WireImage/Getty Images; J MUCKLE/STUDIO D; Alexander Tamargo/Getty Images; Ray Tamarra/Getty Images.


BEAUTIFUL CLEAN SKIN.
MORNING AND NIGHT.
POND'S®
TRUST IN A CLASSIC
New morning and evening towelettes. Simple, effective skin cleansing that works. That's our promise to you and generations of beautiful women.
SIMPLY BEAUTIFUL SKIN SINCE 1846
POND'S
Wet Cleansing Towelettes
evening soothe
with chamomile & white tea
Lifts away impurities while soothing the senses
Removes waterproof mascara
30 WET TOWELETTES
POND'S
Wet Cleansing Towelettes
morning refresh
Cleanses and exfoliates to reveal a fresh glow
30
30 WET TOWELETTES
www.ponds.com © 2010 Unilever



MY MARRIAGE SECRET

"My wife thinks I'm romantic if I get up with the crying baby and let her sleep in. Once you have kids, romance is thoughtful acts for someone you love."

—James Marsden



Turning Point

"I had a difficult personal year last year, and felt pretty down. But it allowed me to rely on friends, family, and most important, myself, in a new way. I deepened true relationships and let destructive ones fall away. I deepened my spiritual practice and paid attention to my health. When the storm passed, I felt so grateful it all happened." *—Rashida Jones*



My favorite stay-slim snack

"I love Scandinavian Bran Crispbread. It's got 50 percent of your daily dietary fiber and 12 calories per slice. Put a little bit of peanut butter or honey on there. It's not very tasty, but it really helps me feel full."

—Monica Potter

Photographs, from top left: Barry King/FilmMagic/Getty Images; Paul Morigi/WireImage/Getty Images; Kyle Christy.


The difference
between dry
and divine.
Jergens
Ultra Healing
Extra Dry Skin Moisturizer
HEALS & SOFTENS
INSTANTLY DOUBLES HYDRATION
FOR VISIBLY HEALTHIER SKIN.
Jergens® Ultra Healing® lotion's intensive moisture heals dryness at its source. In a clinical study, 100% of women saw visibly moisturized, smoother skin.
Jergens®. The Beautiful Difference.
© 2010 Kao Brands Company


L'ORÉAL PARIS
Introducing:
5 anti-aging benefits
in 1 luminous makeup.
New
VISIBLE LIFT®
SERUM ABSOLUTE
POWERFUL SERUM-INFUSED
AGE-REVERSING MAKEUP
5 PROVEN
BENEFITS*:
Smoother
Firmer
Brighter
Even
Flawless
L'ORÉAL
VISIBLE
LIFT
SERUM ABSOLUTE
PRO-RETINOL A +
VITAMIN C
SPF 17
Can I help you?
Find your perfect shade at lorealparis.com/canihelpyou
In 12 beautiful shades. Andie is wearing Visible Lift Advanced Age-Reversing Makeup in Sand Beige.
*Based on a 4-week clinical study. ©2010 L'Oréal USA, Inc.
L'ORÉAL
PARIS
Because you're worth it™



Gorgeous Hair at Any Age

It's supposed to be your crowning glory. But if you've been feeling a bit...dethroned, try our fixes for dryness, dullness, and more **By Abbie Kozolchyk**

To anyone who's ever considered "catching some rays" a valid summer agenda item (and alas, we've all been there), crow's feet, brown splotches, and rough skin come as little surprise. But at least the antidotes are well-known. There's another kind of aging, however, that tends to catch us off guard, and its fixes aren't nearly as famous as alpha hydroxy acids or retinoids. We're talking about timeworn tresses—and not just newfound grays: Subtle changes in texture, shine, moisture, and manageability →

Photograph by Stephanie Rausser/trunkarchive.com



Andie MacDowell uses Excellence Creme 5G, Medium Golden Brown.

can eventually add up to a head of hair you barely recognize. Fortunately, scientists and salon pros alike are paying more attention to age-proofing hair these days. Here, the newest and best solutions to the biggest problems.

DEFY DROUGHT CONDITIONS

Even if you're taking care of your hair as you always have, you may notice that it's become suddenly—and chronically—dry. "Sebum [oil] production declines as you age," explains Jeni Thomas, Ph.D., senior scientist for Pantene. "It tends to kick in right around menopause, when your scalp may be producing only half of what it did at its peak." And though some would view the demise of the greasies as a good thing, it comes at a price: You're forfeiting sebum's protective properties—among them, the lubrication that minimizes friction from neighboring hair strands, combing, and brushing. "Sebum can also decrease flyaways on dry days by removing the built-up static charge," adds Thomas. "So when you're low on sebum, hair feels rougher, looks duller, and is less manageable."

To counteract these issues, "you have to treat dry hair as you would dry skin," says Oscar Blandi, owner of the eponymous New York City salon (and stylist for Kelly Ripa's cover look). For starters, don't overcleanse: Try alternating between dry shampoo and your usual suds. "Washing too often strips the natural oil from hair," says Blandi, "whereas dry shampoo can clean and reinvigorate the scalp while sparing your strands the sapping that can come from a shampoo and blow-dry." Try **Umberto Dry Clean Dry Shampoo** ($9, Target).

On the days you do shampoo, follow up with a leave-in hydrator. Try **Nexxus Botanluxe Nourishing Botanical Leave-In Conditioner** ($12, drugstores). And for mini moisture boosts throughout the day, Thomas suggests you keep a travel-size spritzer of your leave-in on hand. "You can stash one in your purse or at your desk, and spot-treat any areas that start to feel dry." If you've ever run your hands through your hair to find that it's alarmingly crispy in places, this tip is especially good for you.

Masks packing concentrated moisture, such as **The Body Shop Rainforest Moisture Hair Butter** ($14, thebodyshop-usa.com; *2*), are also particularly important now. If you already apply one every other week, see if weekly use leaves strands softer and healthier-feeling without weighing them down. And if you already apply one weekly, don't be afraid to try it twice a week now. (Expect to experiment before you find the winning frequency.) Curly-haired women, take note: You may want to use masks several times a week; scalp oil is much slower to travel down ringlets than down straight strands, and may never reach the very tips of your hair.

A final note on parched hair: For extra insurance against any attendant dullness, try the occasional glaze—a clear treatment that adds glossiness to your mane and stays on through multiple shampoos. The professional versions are generally among the least expensive treatments a colorist performs—and there are plenty of at-home options as well. **Oscar Blandi At Home Salon Glaze Shine Rinse** ($25, oscarblandi.com; *1*) is one of our favorites.

> "The number of actual hair fibers you have on your head starts decreasing in your 20s"

DISGUISE THIN EVIDENCE

The ever-widening part, the ever-shrinking ponytail, the ever-more-visible scalp: They're probably not imagined. "The number of actual hair fibers you have on your →





Photographs by J MUCKLE/STUDIO D (stills)

head starts decreasing in your 20s," says Thomas, "and may shrink 30 to 35 percent by age 60."

There's another, subtler kind of thinning going on, too: "Recent research suggests that in your early 40s, the actual diameter of each strand starts to shrink," says Thomas. "This shrinkage is believed to be linked to hormonal changes that happen with perimenopause and menopause, as hair growth is such a hormonally-driven process."

Subtle or not, thinning is no fun. To fight back, first reconsider the shampoo and conditioner you use. A common impulse is to wash with a clarifying formulation (women often equate the resulting squeaky-clean feeling with bounciness). And while you do want to start with a clean slate to avoid limpness, says Thomas, clarifying formulas can strip too much protective oil from inherently fragile thinning hair.

A better choice, says Blandi, is a keratin-enriched formulation. As hair thins, it loses some of its protein (hence the fragility). Products such as **Paul Mitchell Awapuhi Moisturizing Lather Shampoo** and **Awapuhi Keratin Cream Rinse** ($19 and $20, respectively, salons; *3*) can help reinstate a bit of that lost strength. And don't skip conditioner for fear of weighing hair down: "You'll only make the strands more vulnerable to breakage," says Thomas. "And then your hair will look even thinner."



Your styling routine should be rethought as well: "Hair can go from thick to fine over time, and will behave really differently in each state," says Thomas. (Fine hair, for example, is much less adept at holding a style.) So you may not get great results from your old styling regimen. Make sure the new one includes fine hair–specific products, such as **Pantene Pro-V Fine Hair Style Triple Action Volume Mousse** ($4, drugstores; *5*).

Another important styling step is to avoid back-combing, says Barbara Fazio, owner of Cleveland's B. Fazio salon. "While the urge is understandable with fine hair, keep in mind that you're roughing up—and permanently damaging—the already fragile outer layer." Instead: Go for a root lifter, such as **TRESemmé 24 Hour Body Root Boosting Spray** ($4.50, drugstores; *4*). Try to minimize exposure to damaging heated styling tools, too. If possible, air-dry your hair most of the way, and blow-dry only to remove the last bits of dampness and to style, says Fazio.

As for the best cut: You want layers around your face and on top for volume, says Blandi. "But no layers on the bottom: When you remove thickness there, your hair gets stringy—the opposite of what you want with fine strands."

If—despite the right cut, care, and styling—the thinning still bothers you, see a dermatologist. Stronger remedies range from Rogaine for Women to Aldactone (a blood pressure medication that's been used successfully off-label to restore hair growth). You should also see a doctor if you notice discrete patches of hair loss on your scalp, or if the thinning has been accompanied by any swelling, scarring, or severe itching, says New York City dermatologist Doris Day, M.D.: "Whether the underlying cause is an autoimmune issue, stress, or anything else, you want it checked out."

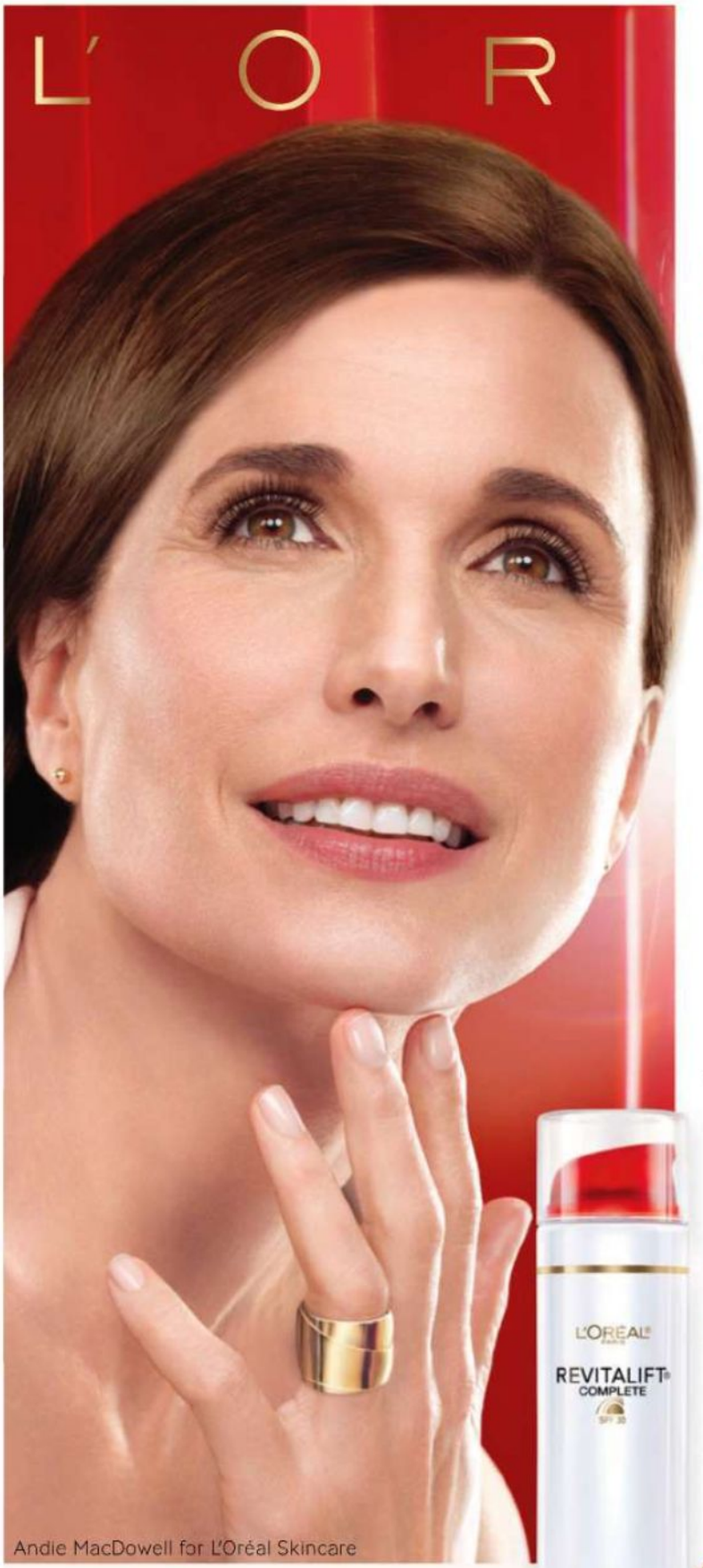


A final note on thinning: If your part has gotten wide enough that you're self-conscious about it, but you don't want to take hair-restoring drugs (or you're waiting for them to kick in), consider **CRC Concealing Color Kit** ($38, qvc.com), a brush-on, stay-put scalp makeup that's far more believable-looking than the old, inky "spray-on hair."

RESTORE FADED GLORY

"Decreased production of melanin—which gives hair its color—is one of the most visible hair changes as we age," says Thomas. "By age 50, 50 percent of us will be 50 percent gray."

That's a lot of fading. And it comes with side effects: "When melanin is present, it absorbs UV rays," explains Thomas. "In its absence, your hair's protein absorbs them instead, resulting in weaker strands." Melanin also boosts shine; less of one means less of the other. →



L'ORÉAL PARIS
SKIN-EXPERTISE

Now defend against PHOTO-AGING: The #1 cause of wrinkles.

Deflect damaging light to stop photo-aging & Repair past damage.

NEW
REVITALIFT®
PHOTO-AGING REPAIR

Every time light touches your skin, it causes more wrinkles. It's called photo-aging.

That's why L'Oréal's RevitaLift brings you our strongest photo-aging defense ever.

It deflects damaging UVA/UVB light away from your skin with SPF 30. Simultaneously, it helps repair wrinkles from past damage with Pro-Retinol A + Elastin.

Only possible from the #1 anti-wrinkle brand worldwide.*



Andie MacDowell for L'Oréal Skincare

Can I help you find the perfect skincare regimen?
Go to lorealparis.com/canihelpyou

©2010 L'Oréal USA, Inc.
*RevitaLift #1 Anti-Wrinkle Brand based on 2009 Nielsen's, IRI, SRI results in 49 countries. Accounts for 91% of Worldwide GDP.

L'ORÉAL PARIS
Because you're worth it™



11

So if you want to go gray gorgeously, "start with a shine-enhancing shampoo," says colorist Rita Hazan, owner of the New York City salon of the same name. She favors **Clairol Shimmer Lights** ($9, drugstores; *7*); you use it once or twice a week to reduce the yellow and boost the silver: "The look is not only much glossier, but chicer and more youthful, too."

And given gray hair's susceptibility to UV damage, you need to keep yours protected with a hat or UV spray—particularly if you're going to be in the sun. Try **Aveda Sun Care Protective Hair Veil** ($26, aveda.com; *6*). As for those wiry, stand-up grays: "A very light shine spray will help tame them—and obviously help boost shine," says Fazio. Try **Garnier Fructis Triple Nutrition Nutrient Spray** ($6, drugstores; *8*).

Of course, many women opt to cover their gray instead—and if you fall into that camp, choose your color wisely, advises Hazan. "As you age, it's harder to get away with really dramatic colors, which tend to look too severe—and highlight every skin flaw." So skip the black-brown in favor of a chocolatey hue, the platinum blond in favor of a golden blond, and the deep red in favor of auburn. "The warmer tones are the more forgiving ones, especially if you stay within a shade or two of your natural hair color," says Hazan.

FIX THE WIRING

No matter how smooth and flowing your locks once were, their texture may be anything but that now. "Researchers in Japan have recently found that hair curvature changes as you age," says Thomas. "There's more of it, but not in a nice, curly way—rather in a wiry, less manageable way." And that newfound texture is also more vulnerable to damage (the tiny kinks leave weak spots along the hair fiber).

Struggling to tame some wiriness yourself? There are two kinds of products that should help, says Fazio: those that protect hair from damage (particularly thermal), and those designed to keep strands smooth. A good example of the former: **Blow Heat Is On Protective Styling Mist** ($18, Ulta; *10*). And of the latter: **Aubrey Organics NuStyle Organic Hair Smoothing Serum** ($21, aubrey-organics.com; 9).

Also, the kinkier the hair, the greater the risk of brushing-induced damage. "Forget that old 100-strokes-a-night rule," says Thomas. "Anything beyond minimal brushing can create too much friction." So if you can get away with a wide-tooth comb, great. Otherwise, try a boar bristle–blend brush such as **Goody Boar Blends Ceramic Paddle Brush** ($7.50, drugstores; *11*) for detangling and getting your hair into place, and stop there. ■



GHRI TEST

Can a $40 Tress Treatment Turn Back the Clock?

A new salon treatment, Redken's Time Reset, aims to combat several of the signs of aging hair: texture change, diminished density, increased dryness, surface dullness, and fragility. The star ingredient is called Intra-Cylane Technology, a years-in-the-making silicone molecule said to fill and seal gaps when it comes into contact with wet hair. The active ingredient is present at a 10 percent concentration in the salon treatment, and at a 5 percent concentration in the accompanying set of four Porosity Fillers (included in the price of the treatment) that you use once weekly at home. The line's Shampoo, $13; Conditioner, $14; Youth Revitalizer deep treatment, $17; and Corrective Defense protective lotion, $20, are sold separately. To test Time Reset's claims, the Good Housekeeping Research Institute enlisted 23 women ages 40 and up and had salon pros administer the professional portion of the treatment—and give the testers blowouts afterward. Panelists then took the full line of products to use at home for a month. The results? Testers were satisfied overall, and particularly pleased with the salon service's ability to make hair smoother, softer, and more manageable in the immediate aftermath. "My hair looked *so* much healthier," raved one. "My color looked richer...and my hair felt very soft and shiny." The group was less enthusiastic about the products' ability to make hair look and feel thicker. And for thin- and/or fine-haired testers, the treatment was almost "too smoothing," i.e., a bit flattening. On the other hand, testers with thicker, frizzier, and/or more damaged hair appreciated that same quality.

Click Here Try on a new hairstyle at goodhousekeeping.com/virtual-makeover


L'ORÉAL® PARIS
IS YOUR COLOR PROTECTED WITH
THE #1 SULFATE-FREE
COLOR CARE SYSTEM?*
EVERPURE
SULFATE-FREE
COLOR CARE SYSTEM™
KEEPS COLOR PURE
FOR UP TO 32 SHAMPOOS.
L'ORÉAL PARIS HAIR EXPERTISE
EVERPURE
SULFATE-FREE
COLOR CARE SYSTEM
ROSEMARY JUNIPER
MOISTURE
SHAMPOO
ANTI-FADE SYSTEM
NO HARSH SALTS
NATURAL BOTANICALS
L'ORÉAL PARIS HAIR EXPERTISE
EVERPURE
SULFATE-FREE
COLOR CARE SYSTEM
ROSEMARY MINT
MOISTURE
CONDITIONER
ANTI-FADE SYSTEM
UV FILTERS
NATURAL BOTANICALS
L'ORÉAL
EVERPURE
SULFATE-FREE
COLOR CARE SYSTEM
MOISTURE
LEAVE-IN CONDITIONER
*Based on IRI (unit sales) data in US food, drug and mass market retailers (excluding Walmart) during 1/1/09 - 5/16/10.
©2010 L'Oréal USA, Inc. lorealparis.com
Can I Help You?
Visit lorealparis.com and click on CAN I HELP YOU? for your personal consultation.

Perfume Picks

We sniffed our way through the season's flood of new fragrances and emerged with four finds—each evoking a mood all its own. If you feel like...



1 RECAPTURING SUMMER
Try **Royal Apothic City Of Angels Eau De Parfum** ($32, Anthropologie), a heavenly blend of marine notes and jasmine

2 AN ENERGY BOOST
Try **L'Occitane Fleur Chérie Eau de Toilette** ($40, usa.loccitane.com), an airy ode to orange blossoms

3 A CLASSIC FLORAL
Try **Elizabeth Arden Pretty Parfum Spray** ($59, department stores), with irises and peonies, among others

4 A DOSE OF CONFIDENCE
Try **Hervé Léger Femme Eau de Parfum** ($34, avon.com), a subtly sexy blend of magnolia, grapefruit, and cypress



THE LATEST BUZZ IN SKIN CARE

New vibrating, spinning devices claim to boost blood flow and help treatments penetrate. Three we've spotted: **L'Oréal Paris Collagen Micro-Pulse Eye** ($20, drugstores), an eye cream–dispensing wand with a massaging end that's said to "stimulate circulation and decongest puffiness"; **Zeno Heat Treat Blemish Prevention Kit** ($40, drugstores; *above*), with a vibrating applicator and salicylic acid serum that promises to "destroy 99.9% of acne bacteria in 1 hour"; and the pricier **DDF Revolve 400X Micro-Polishing System** ($95, Ulta), which bills itself as "more effective than a professional microdermabrasion." (Your freshly buffed skin should then absorb any treatment more easily.) But are they likely to work? "A vibrating product does stimulate blood flow, making your skin look and feel rejuvenated, and disrupts the skin's barrier, increasing penetration of active ingredients," says dermatologist Oscar Hevia, M.D., of Hevia Cosmetic Dermatology in Miami. "But you may also enhance absorption of potentially irritating ingredients." So patch-test reactive skin before use.



FLATTERING GRAYS The perfect update for fall, "gray adds polish and sophistication, and goes with anything," says makeup artist Mario Dedivanovic. A few of our favorite hues, ranging from soft silver to glinty charcoal: **CoverGirl LiquiLineBlast Eye Liner in Silver Spark** ($8, drugstores), **The Body Shop Baked Eye Color in Starlight** ($14, The Body Shop), and **OPI Nail Lacquer in Lucerne-tainly Look Marvelous** ($8.50, Ulta; *left*). ■

Photographs by J MUCKLE/STUDIO D

Click Here Give yourself a total makeover at goodhousekeeping.com/virtual-makeover



3 MINUTES TO DINNER

A home-cooked family dinner is easier than you think. Quick Cook™ tastes just like regular pasta, but cooks in only three minutes. A delicious dinner has never been so fast.

www.quickcookpasta.com



©2010 New World Pasta Company

Good Deals Beauty

Make the most of your beauty sleep with these restorative **bedtime bargains**



1 TAKE THE DAY OFF
Effortlessly remove makeup and dirt with chamomile-scented Pond's Evening Soothe Wet Cleansing Towelettes ($5 for 30, drugstores)

2 DRIFT AWAY
Add a few capfuls of lavender-laced One Fizzy Bath Salt in I'm Sleepy ($10, walgreens.com) to your tub, and unwind

3 PILLOW TALK
Spritz The Body Shop Deep Sleep Dreamy Pillow & Body Mist ($16, The Body Shop) on skin or sheets for sound sleep

4 EVENING NEWS
Avon Anew Rejuvenate Glycolic Facial Treatment ($30, avon.com) fights splotches as you snooze

5 GOOD NIGHT KISS
Nonsticky, scent-free ChapStick Overnight Lip Treatment ($4, drugstores) ensures that you wake up with supple lips

6 TWINKLE TOES
Scrub feet, slather on cream, then slip on socks to keep soles soft: Spa Sister Overnight Foot Saver Kit ($19, bathaddiction.com)

7 DREAM CREAM
Quench parched body parts with Jergens Overnight Repair Nightly Restoring Moisturizer ($7, drugstores)

8 SNOOZE CREWS
The amino acids, vitamins, and minerals in J.R. Watkins Night Cream ($14, jrwatkins.com) go to work as soon as you go to bed

9 ON A CLEAR NIGHT
Clearasil Ultra Overnight Serum ($10, drugstores) zaps zits as you catch your zzz's

Photograph by J MUCKLE/STUDIO D

Click Here Give yourself a makeover at goodhousekeeping.com/virtual-anti-aging

"I didn't want my baby eating chicken by-product meal. **That's why I switched her to BLUE."**

Is your big name cat food fooling you? You probably didn't know that many well-known cat foods contain things like chicken by-product meal and corn gluten. BLUE is made with real meat as the first ingredient, followed by whole grains, veggies and fruit. And BLUE contains our exclusive LifeSource® Bits, a precise blend of antioxidants, vitamins and minerals. Your cat can enjoy all of this **natural and healthy goodness for only pennies a day more.**



How Does Your Brand Compare to BLUE?	BLUE	Your Cat's Food
Deboned Chicken or Salmon is the FIRST Ingredient	✓	?
Wholesome Whole Grains	✓	?
Garden Veggies & Fruit	✓	?
All Natural*	✓	?
LifeSource® Bits	✓	?
NO Corn, Wheat or Soy	✓	?
NO Chicken or Poultry By-Product Meals	✓	?

*Fortified with vitamins and minerals.

Compare your cat's food to BLUE™ at

CompareBlueCat.com

Love them like family.
Feed them like family.™

©2010 Blue Buffalo Co., Ltd.

Fall in Love with Fall Colors

The falling leaves, the brisk air, and gearing up for the holidays: Everything about the fall season makes us smile. Bring some of that happiness indoors by adding a touch of fall to your wall with Sherwin-Williams® paints.



Do you love the color of the leaves?

Try one of these colors:

Sunflower SW 6678

Vibrant, yet softened by a slightly bitter cast, Sunflower is synonymous with Van Gogh's interpretation of the flower and the relationship of color to its lifespan.

Rural Green SW 6418

As the greens of summer fade and the harvest beckons, this yellow Rural Green provides the perfect transition of color in order to bridge the seasons.

Autumnal SW 6361

Celebrate the Autumnal harvest with a yellow-based terra cotta, delicately softened by the elements and emitting the spicy scents of cinnamon, nutmeg and clove.



Does the holiday season bring you cheer?

Try one of these colors:

Toasty SW 6095

A nutty, caramel brown with soft yellow undertones provides a snug and Toasty blanket of warmth.

Yam SW 6643

A healthy, organic orange, Yam provides the rich and highly recommended shade of beta-carotene.

Grape Harvest SW 6285

A bounty of velvety red and blue notes pair to form this full bodied, succulent and juicy Grape Harvest with a lush and opulent finish.

Butternut SW 6389

The skin of the Butternut is colorfully cultivated by the elements of nature, creating a natural golden and slightly sweet shade.

WIN

SHERWIN WILLIAMS

Win a $500 Gift Card from Sherwin-Williams

*Go to **goodhousekeeping.com/asksherwin** to enter and check out what Good Housekeeping readers like you had to say when they held painting parties in their homes using Sherwin-Williams paints.*

"THE SHERWIN-WILLIAMS COMPANY BONUS" SWEEPSTAKES: No purchase necessary to enter or win the Sweepstakes. Sponsored by Hearst Communications, Inc. To enter, visit http://www.goodhousekeeping.com. The sweepstakes starts October 1, 2010 at 12:01 AM (ET) through November 5, 2010 at 11:59 PM (ET). Odds of winning will depend upon the total number of eligible entries received during the sweepstakes. Must be a legal resident of the 48 contiguous United States and the District of Columbia who has reached the age of majority in their state of residence at time of entry. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at goodhousekeeping.com.


SW 6874
Ardent Coral
COVER THE EARTH
129
Make the most of your color with the very best paint.
For exceptional coverage, rich color and results that last, ask SHERWIN-WILLIAMS.™
Find the perfect shade at your neighborhood Sherwin-Williams store or sherwin-williams.com/color.
GOOD HOUSEKEEPING
© 2010 The Sherwin-Williams Company. Paint chip sculpture created by artist Matthew Sporzynski.



Erase Space

Clearly, this message board is special: It's made from a floating frame—dry-erase markers wipe right off the glass. Buy or repurpose a frame that sandwiches art between two pieces of glass, slip a photo into an out-of-the-way spot, reassemble, and hang (stabilize the frame with two sturdy saw hangers). Guaranteed: It'll get high marks.



By the Books

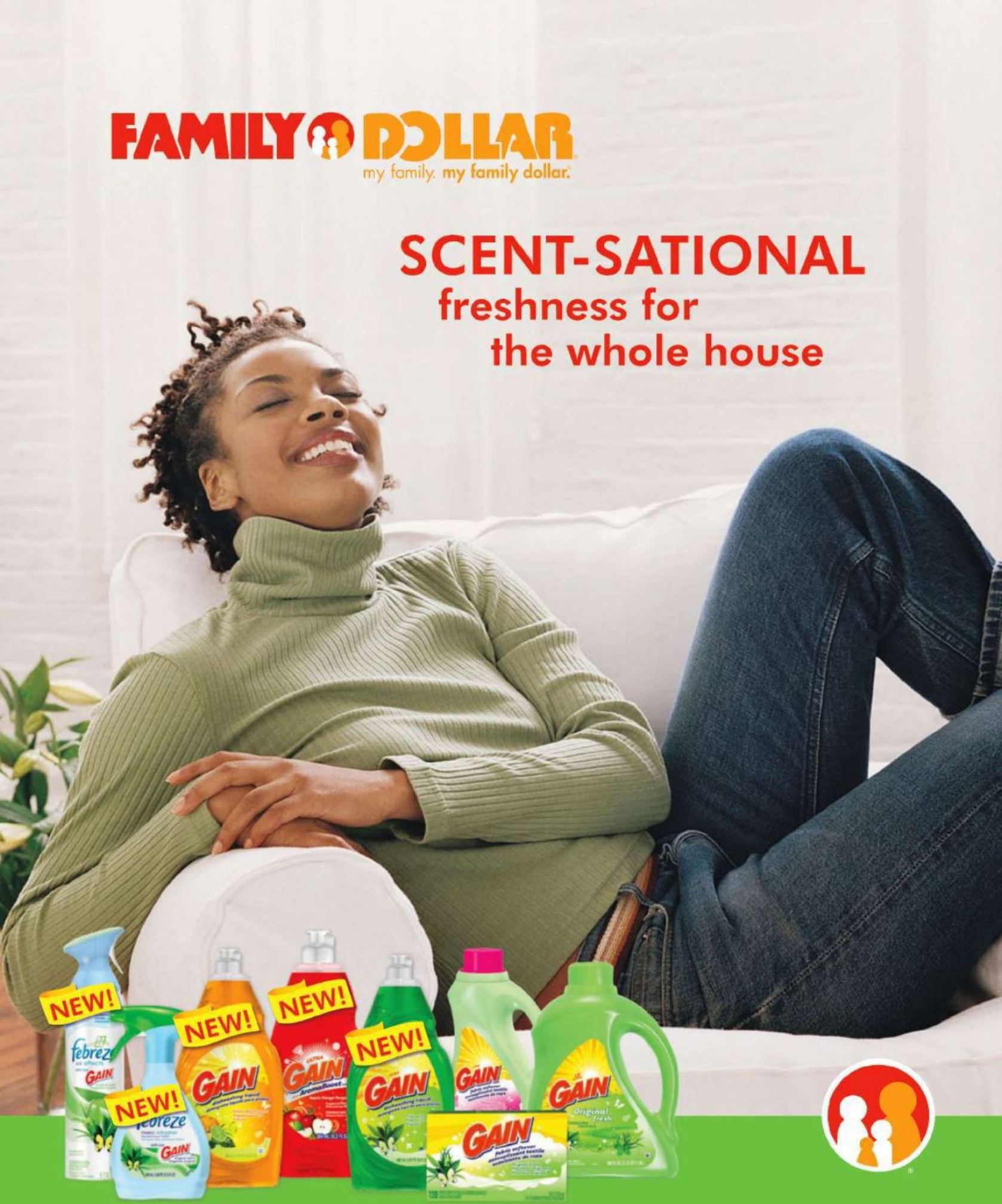
For a well-read side table, build this tower of tomes. Assemble encyclopedias (find old sets at thrift stores or online); a hammer; finishing nails; a drill; wood dowel, trim, and glue; semigloss paint; and a round tabletop (slightly wider than the diagonal length of books). Measure and cut trim to form a box frame that fits snugly around one book; nail frame to the tabletop's underside; paint the top. Drill a hole the size of your dowel through each book's center. Glue your dowel to the center of the underside of the tabletop. Stack encyclopedias, lining up holes and twisting (as shown). Skewer the dowel through the holes to attach the tabletop. ■



People can't get enough of the amazing scent of Gain.
Available in detergent and fabric softener. **ilovegain.com**

FAMILY DOLLAR
my family. my family dollar.

SCENT-SATIONAL
freshness for the whole house



With Gain®'s NEW dish soaps and air fresheners with Gain® scent, you can now have the amazing scent of Gain® throughout your home. Visit www.familydollar.com for a store near you.


©2010 P&G
AMAZING SCENTS
THAT NO ONE CAN RESIST.
ULTRA
GAIN
dishwashing liquid
detergente líquido para platos
Original Fresh scent
Fragancia Frescura
Original
NEW
GAIN
GAIN
GAIN
NEW GAIN DISHWASHING LIQUID.
Get ready to enjoy an incredible cleaning experience with a scent that you're going to love.

"It gets you clean while helping to keep your hands clean."



Hear what Carmen has to say about Quilted Northern Soft & Strong®

Download the app at getScanLife.com



PREMIUM MONEY BACK GUARANTEE PERFORMANCE

Ready for some straight talk about toilet paper and getting clean? New Quilted Northern Soft & Strong is **50% stronger.*** It now holds up better. While you clean, it helps your hands stay clean. Satisfaction guaranteed. Or your money back. See details at quiltednorthern.com. Want to talk more? Join us at facebook/quiltednorthern.

For A Confident Clean.

Georgia-Pacific ©2010 Georgia-Pacific Consumer Products LP. All rights reserved.

*When wet.

Quilted Northern Soft & Strong, Q Design, Wavy Diamond Design, Double Hearts and Flowers emboss, and the Georgia-Pacific logo are trademarks owned by or licensed to Georgia-Pacific Consumer Products LP. Send original receipt, product UPC and reason for dissatisfaction to P.O. Box 6001, Morton Grove, IL 60053. Must be postmarked by 8/24/2011. Go to www.quiltednorthern.com for complete refund details.

The Look

MAKEOVERS MADE EASY for Less



Have no fear of the adventurous pieces in this **SAFARI-INSPIRED LIVING ROOM**—the mix works because it's grounded in earthy browns. Among the patterns peacefully coexisting: leopard, paisley, stripes, and more. Varied textures also make a stand, with a rough-hewn lamp and a refined rug



1 TRUNK SHOW
This lamp lends a rustic touch to any room—for a cut-rate price ($70, Seventh Avenue)



2 FINE VINES
Want a Persian rug minus the import price? Choose this Lamps Plus stunner ($136 for 3′ by 5′). In neutral hues, its intricate pattern is calming, not chaotic



3 WELL RED
A leather sofa brightens up, thanks to pillows with a dash of spice—here, in painterly paisley ($29, Pottery Barn) and bold stripes ($15, Target)



4 GO WILD
Get in touch with your animal instincts and add a pop of leopard print to an old ottoman with this steal of a slipcover ($40, Sure Fit)

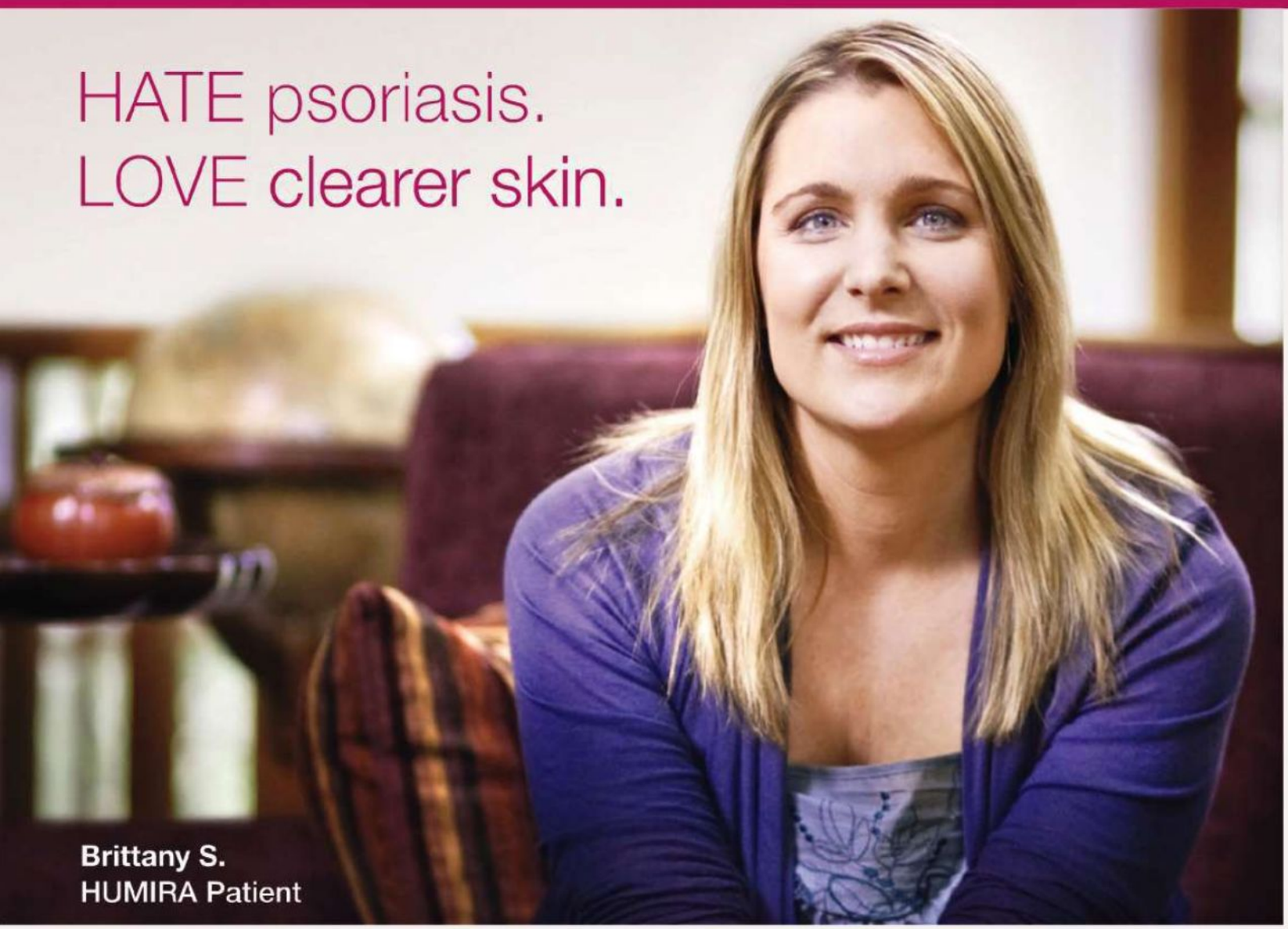


5 CUT UP
Bold botanicals in black and gold don't feel overly romantic, since a windowpane effect breaks up the baroque flourishes ($27, art.com)

Photographs, from left: Mark Lohman, design by Barclay Butera Ltd.; J MUCKLE/STUDIO D (lamp, cushions, ottoman).

SHOPPING DETAILS, page 234

HATE psoriasis.
LOVE clearer skin.



HUMIRA could help your moderate to severe chronic plaque psoriasis.

Who is HUMIRA for?

HUMIRA is used to treat moderate to severe chronic (lasting a long time) plaque psoriasis in adults who are under the ongoing care of a physician, have the condition in many areas of their body, and who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills). When considering HUMIRA, your physician will determine if other systemic therapies are medically less appropriate.

Clearer skin is possible with HUMIRA.

In one clinical trial for moderate to severe chronic plaque psoriasis patients, 7 out of 10 adults taking HUMIRA saw 75% skin clearance and 6 out of 10 patients had clear or almost clear skin at 16 weeks. Your results may vary.

With the HUMIRA PROTECTION PLAN your co-pay could be

$5 a month.*



*Eligibility and other restrictions apply to co-pay program.

Ask your dermatologist if HUMIRA is right for you.
Learn more at HUMIRA.com or call 1.800.4HUMIRA

HUMIRA is taken by injection and available by prescription only.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1.800.FDA.1088.

If you cannot afford your medication, contact: www.pparx.org or call the toll-free phone number (1.888.4PPA.NOW) for assistance.

Important Safety Information[1]

What is the most important information I should know about HUMIRA?

- **Serious infections.** HUMIRA can lower your ability to fight infections. **Serious infections have happened in patients taking HUMIRA. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections.** Your doctor should test you for TB before starting HUMIRA, and monitor you closely for signs and symptoms of TB during treatment with HUMIRA.
- **Certain types of Cancer.** There have been cases of unusual cancers in children and teenagers using TNF-blocker medicines. For children and adults taking TNF-blocker medicines, including HUMIRA, the chance of getting lymphoma or other cancers may increase. Some patients have developed non-melanoma skin cancer; tell your doctor if you have a bump or open sore that doesn't heal.

Tell your doctor about all of your health conditions, including if you:

- ✓ Think you have an infection. Don't start HUMIRA if you have any kind of infection.
- ✓ Are being treated for infection, or have signs of an infection, such as fever, cough, or flu-like symptoms
- ✓ Have any open cuts or sores
- ✓ Get a lot of infections or have infections that keep coming back
- ✓ Have diabetes
- ✓ Have TB or have been in close contact with someone with TB, or were born in, lived in, or traveled where there is more risk for getting TB
- ✓ Live or have lived in an area (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections, such as histoplasmosis.
- ✓ Have or have had hepatitis B
- ✓ Take other medicines, especially Kineret (anakinra). Some medicines that suppress the immune system may increase your risk of serious infections.
- ✓ Are scheduled for major surgery
- ✓ Have numbness or tingling or a nervous system disease, such as multiple sclerosis or Guillain-Barré syndrome.
- ✓ Have heart failure or other heart conditions
- ✓ Have recently received or are scheduled to receive a vaccine. Patients receiving HUMIRA should not receive live vaccines.
- ✓ Are allergic to rubber, latex, or any ingredients of HUMIRA
- ✓ Are pregnant, planning to become pregnant, or breastfeeding

Call your doctor right away if you have an infection or any sign of an infection while on HUMIRA.

HUMIRA can cause other serious side effects, including:

- **Allergic reactions.**
- **Hepatitis B virus reactivation in patients that carry the virus in their blood.**
- **Nervous system problems.**
- **Blood problems.**
- **New heart failure or worsening of heart failure you already have.**
- **Immune reactions including a lupus-like syndrome.**
- **New psoriasis or worsening of psoriasis you already have.**

Common side effects of HUMIRA include injection site reactions (redness, rash, swelling, itching, or bruising), upper respiratory infections, headaches, rash, and nausea.

These are not all of the possible side effects with HUMIRA. For more information, talk to your health care provider.

Reference: 1. HUMIRA injection [package insert]. North Chicago, IL; Abbott Laboratories.

Please see additional Patient Information on the following pages.

Talk to your dermatologist about HUMIRA®

adalimumab

An example of 75% skin clearance.

For illustrative purposes only.
Your results may vary.





In one clinical trial for moderate to severe chronic plaque psoriasis patients, 7 out of 10 adults taking HUMIRA saw 75% skin clearance and 6 out of 10 patients had clear or almost clear skin at 16 weeks.

©2010 Abbott Laboratories | Abbott Park, IL 60064 | 64Y-437309 | September 2010 | Printed in the U.S.A.

HUMIRA® (HU-MARE-AH) (adalimumab)

CONSUMER BRIEF SUMMARY
CONSULT PACKAGE INSERT FOR FULL PRESCRIBING INFORMATION

Patient Information

Read the Medication Guide that comes with HUMIRA before you start taking it and each time you get a refill. There may be new information. This brief summary does not take the place of talking with your doctor about your medical condition or treatment with HUMIRA.

What is the most important information I should know about HUMIRA?

HUMIRA is a medicine that affects your immune system. HUMIRA can lower the ability of the immune system to fight infections. **Serious infections have happened in patients taking HUMIRA. These infections include tuberculosis (TB) and infections caused by viruses, fungi or bacteria that have spread throughout the body. Some patients have died from these infections.**

- Your doctor should test you for TB before starting HUMIRA.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with HUMIRA.

Before starting HUMIRA, tell your doctor if you:

- think you have an infection. You should not start taking HUMIRA if you have any kind of infection.
- are being treated for an infection
- have signs of an infection, such as a fever, cough, or flu-like symptoms
- have any open cuts or sores on your body
- get a lot of infections or have infections that keep coming back
- have diabetes
- have TB, or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure.
- live or have lived in certain parts of the country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). If you do not know if you have lived in an area where histoplasmosis, coccidioidomycosis, or blastomycosis is common, ask your doctor.
- have or have had hepatitis B
- use the medicine Kineret (anakinra). You may have a higher chance for serious infections and a low white blood cell count when taking HUMIRA with Kineret.
- are scheduled to have major surgery

After starting HUMIRA, call your doctor right away if you have an infection, or any sign of an infection, including:

- a fever
- feel very tired
- a cough
- flu-like symptoms
- warm, red, or painful skin
- open cuts or sores on your body

HUMIRA can make you more likely to get infections or make any infection that you may have worse.

Certain types of Cancer.

- There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents.
- For children and adults taking TNF-blocker medicines, including HUMIRA, the chances of getting lymphoma or other cancers may increase.
- Some patients receiving HUMIRA have developed types of cancer called non-melanoma skin cancer (basal cell cancer and squamous cell cancer of the skin), which are generally not life-threatening if treated. Tell your doctor if you have a bump or open sore that doesn't heal.
- Patients with RA, especially more serious RA, may have a higher chance for getting a kind of cancer called lymphoma.

See the section "What are the possible side effects of HUMIRA?" below for more information.

What is HUMIRA?

HUMIRA is a medicine called a Tumor Necrosis Factor (TNF) blocker. HUMIRA is used in adults or children (as indicated) to:

- Reduce the signs and symptoms of:
 - **moderate to severe rheumatoid arthritis (RA)** in adults. HUMIRA can be used alone or with methotrexate or with certain other medicines. HUMIRA may prevent further damage to your bones and joints and may help your ability to perform daily activities.
 - **moderate to severe polyarticular juvenile idiopathic arthritis (JIA)** in children 4 years of age and older. HUMIRA can be used alone or with methotrexate or with certain other medicines.
 - **psoriatic arthritis (PsA).** HUMIRA can be used alone or with certain other medicines. HUMIRA may prevent further damage to your bones and joints and may help your ability to perform daily activities.
 - **ankylosing spondylitis (AS)**
 - **moderate to severe Crohn's disease (CD)** in adults who have not responded well to other treatments.
 - **Treat moderate to severe chronic (lasting a long time) plaque psoriasis (Ps)** in adults who have the condition in many areas of their body and who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).

People with these diseases have too much of a protein called tumor necrosis factor (TNF) in the affected areas of the body. HUMIRA can block the bad effects of TNF in those affected areas, but it can also lower the ability of the immune system to fight infections. See **"What is the most important information I should know about HUMIRA?"** and **"What are the possible side effects of HUMIRA?"**

What should I tell my doctor before taking HUMIRA?

Before starting HUMIRA, tell your doctor about all of your health conditions, including if you:

- have an infection. See "What is the most important information I should know about HUMIRA?"
- have any numbness or tingling or have a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome.
- have heart failure or other heart conditions. If you have heart failure, it may get worse while you are taking HUMIRA.
- have recently received or are scheduled to receive a vaccine. Patients receiving HUMIRA should not receive live vaccines. Except for live vaccines, patients may still receive vaccines while on HUMIRA. It is recommended that children with juvenile idiopathic arthritis be brought up to date with all immunizations prior to starting HUMIRA.
- are allergic to rubber or latex. The needle cover on the prefilled syringe contains dry natural rubber. Tell your doctor if you have any allergies to rubber or latex.
- are allergic to HUMIRA or to any of its ingredients. See the end of the Medication Guide for a list of ingredients in HUMIRA.

Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding. HUMIRA should only be used during a pregnancy if needed. Women who are breastfeeding should talk to their doctor about whether or not to use HUMIRA.

Pregnancy Registry: Abbott Laboratories has a registry for pregnant women who take HUMIRA. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins and herbal supplements. Especially, tell your doctor if you take Kineret (anakinra). You may have a higher chance for serious infections and a low white blood cell count when taking HUMIRA with Kineret. Also, tell your doctor if you are taking other medicines that suppress the immune system.

Know the medicines you take. Keep a list of your medicines with you to show your doctor and pharmacist each time you get a new medicine.

How should I take HUMIRA?

See the section, **"How do I prepare and give an injection of HUMIRA?"** at the end of the Medication Guide that comes with HUMIRA for complete instructions for use.

- HUMIRA is given by an injection under the skin. Your doctor will tell you how often to take an injection of HUMIRA. This is based on your condition to be treated. **Do not inject HUMIRA more often than prescribed.**
- Make sure you have been shown how to inject HUMIRA before you do it yourself. You can call your doctor or 1-800-4HUMIRA (448-6472) if you have any questions about giving yourself an injection. Someone you know can also help you with your injection.
- If you take more HUMIRA than you were told to take, call your doctor.
- Do not miss any doses of HUMIRA. If you forget to take HUMIRA, inject a dose as soon as you remember. Then, take your next dose at your regular scheduled time. This will put you back on schedule. To help you remember when to take HUMIRA, you can mark your calendar ahead of time with the stickers provided in the back of the Medication Guide.

What are the possible side effects of HUMIRA?

HUMIRA can cause serious side effects, including:

See "What is the most important information I should know about HUMIRA?"

- **Serious infections.**

Your doctor will examine you for TB and perform a test to see if you have TB. If your doctor feels that you are at risk for TB, you may be treated with medicine for TB before you begin treatment with HUMIRA and during treatment with HUMIRA. Even if your TB test is negative your doctor should carefully monitor you for TB infections while you are taking HUMIRA. Patients who had a negative TB skin test before receiving HUMIRA have developed active TB. Tell your doctor if you have any of the following symptoms while taking or after taking HUMIRA:

- cough that does not go away
- low grade fever
- weight loss
- loss of body fat and muscle (wasting)

- **Allergic reactions.** Signs of a serious allergic reaction include a skin rash, a swollen face, or trouble breathing.
- **Hepatitis B virus reactivation in patients who carry the virus in their blood.** In some cases patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you carefully during treatment with HUMIRA if you carry the hepatitis B virus in your blood. Tell your doctor if you have any of the following symptoms:
 - feel unwell
 - poor appetite
 - tiredness (fatigue)
 - fever, skin rash, or joint pain
- **Nervous system problems.** Signs and symptoms of a nervous system problem include: numbness or tingling, problems with your vision, weakness in your arms or legs, and dizziness.
- **Blood problems.** Your body may not make enough of the blood cells that help fight infections or help to stop bleeding. Symptoms include a fever that does not go away, bruising or bleeding very easily, or looking very pale.
- **New heart failure or worsening of heart failure you already have.** Symptoms include shortness of breath or swelling of your ankles or feet or sudden weight gain.
- **Immune reactions including a lupus-like syndrome.** Symptoms include chest discomfort or pain that does not go away, shortness of breath, joint pain, or a rash on your cheeks or arms that gets worse in the sun. Symptoms may go away when you stop HUMIRA.
- **Psoriasis.** Some people using HUMIRA had new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with HUMIRA.

Call your doctor or get medical care right away if you develop any of the above symptoms. Your treatment with HUMIRA may be stopped.

Common side effects with HUMIRA include:

- **Injection site reactions** such as redness, rash, swelling, itching, or bruising. These symptoms usually will go away within a few days. If you have pain, redness or swelling around the injection site that doesn't go away within a few days or gets worse, call your doctor right away.
- **Upper respiratory infections** (including sinus infections)
- **Headaches**
- **Rash**
- **Nausea**

These are not all the possible side effects with HUMIRA. Tell your doctor if you have any side effect that bothers you or that does not go away. Ask your doctor or pharmacist for more information.

General information about HUMIRA

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use HUMIRA for a condition for which it was not prescribed. Do not give HUMIRA to other people, even if they have the same condition. It may harm them.

This brief summary summarizes the most important information about HUMIRA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about HUMIRA that was written for healthcare professionals.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

For more information go to www.HUMIRA.com or you can enroll in a patient support program by calling 1-800-4HUMIRA (448-6472).

Rev. July, 2010

Ref: 03-A329-R21

U.S. Govt. Lic. No. 0043

Abbott Laboratories

North Chicago, IL 60064, U.S.A.

64C-419212 **MASTER**

64Y-437309





The breakthrough to end breakouts.

Introducing new OXY® Clinical. The acne medication clinically shown to give your teen prescription-level results* without a prescription. The secret is our patented, continuous-action technology, which delivers pharmaceutical-grade medication longer. In fact, clinical data shows OXY® Clinical kills acne bacteria as fast as a leading topical prescription acne medication. Plus the gradual-release formula means it is as gentle as it is effective—so it won't overdry skin. You could say it's the breakthrough to end breakouts.

Discover the OXY® Clinical breakthrough with a **free sample and coupon at oxyskincare.com. Promo Code: GOODHOUSEKEEPING**
Available where you buy skincare products.

OXY
CLINICAL

*OXY® Clinical Clearing Treatment: Acne bacteria reduction comparable to a leading prescription. Data on file, 2010.

goodfamily

FROM KIDS TO MONEY, WHAT TO KNOW NOW



Pot Smoking on the Rise

More teens are smoking weed now than were a couple of years ago—and experts think it's because kids believe it's less dangerous than their predecessors did. One in three high school seniors reported that he'd smoked pot in the past year—a slight increase from previous years, but a significant one, given that numbers had been declining for about a decade. A possible reason why kids now rate the drug as less risky than they did in years past: With medical marijuana in the news (and the idea that it helps sick people), the dangers of pot may have been diluted, says Lloyd Johnston, Ph.D., University of Michigan professor and lead researcher for the National Institute on Drug Abuse's Monitoring the Future survey of these trends. Set the record straight: Explain that marijuana is a potentially addictive drug that can impair judgment and contribute to serious risk-taking (like driving under the influence or having unprotected sex).

Unplug Your Kids



Typically, kids spend more than 7.5 hours a day with media—TV, iPods, and the Web—plus another two hours on their cell phones, according to a study by the Kaiser Family Foundation. Though researchers can't definitively blame screen hours, heavy media users reported lower grades and happiness levels. "Media is not something to be afraid of or avoid, but just like eating chocolate cake, it's not something you want your child to be doing constantly," says Michael Rich, M.D., director of the Center on Media and Child Health at Children's Hospital Boston. To dial back screen time:

- **SET CLEAR LIMITS** The Kaiser study found that setting media rules lowered kids' consumption by nearly three hours. Set guidelines on TV watching, Web browsing, and texting, says Rich. The American Academy of Pediatrics recommends no more than one to two hours of media time per day
- **LIMIT PRIVATE VIEWING** Kids who have TVs and computers in their rooms log more time than those who don't—disrupting homework and sleep, and allowing access to iffy content. Keep these screens in the den instead
- **PARK YOUR CELL PHONES** Set up a cell-charging station for the whole family, and dock all phones before dinner so conversation won't be interrupted. Keep them moored there at night to nix kids' late-night texting

VEGETARIAN TEENS may be more likely to diet unhealthily, says a study of 2,516 young people (a fifth shun meat to drop pounds). They may be hiding disordered eating patterns, says study author Ramona Robinson-O'Brien, Ph.D., assistant professor of nutrition at the College of Saint Benedict and Saint John's University. Discuss your child's motives with her, and have a dietitian help plan meals. ■



Photographs, clockwise from top left: Veer; ColorBlind Images/Iconica/Getty Images; Lauren Nicole/Photodisc/Getty Images.



"As a rule I avoid confusing rules."

The BankAmericard Cash Rewards™ credit card is refreshingly simple

1% cash back on all purchases.

No requirement to opt-in to earn cash back.

No limits to how much cash back you can earn.

Cash Rewards with no hoops to jump through.

Apply by calling 800.790.3458 or visit bankofamerica.com/getcashback



Bank of America

For information on the rates, fees, other costs and benefits of this credit card, visit www.bankofamerica.com/getcashback Credit card programs are issued and administered by FIA Card Services, N.A. Visa is a registered trademark of Visa International Service Association and is used by the issuer pursuant to license from Visa U.S.A. Inc. BankAmericard Cash Rewards is a trademark and Bank of America and the Bank of America logo are registered trademarks of Bank of America Corporation. © 2010 Bank of America Corporation. AR40Y725



Stop Fighting With Your Teen

Slammed doors and screeching arguments can be facts of life with a teen in your household. Here, how to defuse the fireworks **By Debra Kent**

In this corner, weighing in at 142 pounds and five feet three inches tall, we have Deb, the frustrated, conflict-averse yet relatively enlightened mother of two from Bloomington, IN. And in the other corner, her 17-year-old daughter, Annelise, who is convinced she's old enough to stay out until two in the morning because she's going to college next year and you might as well get used to it already....

I don't know how it happened, but somehow my happy home has turned into a verbal boxing ring. I won't pull any punches: I hate fighting. I'll do anything to avoid confrontation, even if that includes pretending I don't notice the half-eaten bagel with cream cheese that has been sitting on my daughter's nightstand for two weeks. But it turns out I'm not doing my kids any favors. Fighting—done fairly—delivers a huge payoff: a stronger relationship with your child, and the confidence that comes from knowing you've equipped her with emotional survival skills that will last a lifetime.

Fighting fair helps your kid build backbone while learning how to manage his emotions. "Conflict is part of life, and our kids need to know how to handle it with their friends, employers, and partners, and their own kids someday," says Joanne Stern, Ph.D., author of *Parenting Is a Contact Sport: 8 Ways to Stay Connected to Your Kids for Life*. "This is your time to prepare them for the day they leave home and don't have you to help them."

Fighting is also your chance to say, "I want you to have your own thoughts and feelings, even if they clash with mine. And when that fight is over, I'm still going to love you."→

33% of parents say they sometimes have major disagreements with their kids

Photograph by Jamie Grill/Tetra Images/Corbis

Gone are the days when you could resolve conflicts with a withering glare, the all-purpose "Because I'm the mom, that's why," or the famous countdown to doom ("You have five seconds to remove your feet from your sister's head. Five...four...three..."). Teens and tweens are sophisticated thinkers, and they're notoriously moody—which means they'll find even more reasons to challenge your authority, says Stern. So you might as well learn how to make every fight count.

RULE 1 ESTABLISH SOME BOUNDARIES

One day when you're not mid-argument, start a conversation about the inevitability, as well as the benefits, of conflict, suggests Stern. You might say something like, "You're getting to the age where you're going to have your own ideas and we're going to disagree on some things, and that's normal. You can talk to me about anything, but you also need to know that I'm the parent, so the buck stops with me. Things may get heated, and that's normal, too. Let's set some rules now, before we fight." Explains Stern: "You want them to know that it's normal to feel angry sometimes. If you try to deny anger, it turns into resentment, bitterness, and revenge. We want to encourage our kids to experience conflict and get past it." Then it's up to you both to decide what's off-limits—behavior like cursing, name-calling, damaging your home. Stepping out of bounds will carry the consequences you, as the parent, have determined.

RULE 2 UNDERSTAND YOUR KID'S MINDSET

Remember those lovely years known as the "terrible twos"? They may be back. Tweens and teens are hard-wired to establish an identity apart from their parents, which often results in fighting. Plus, your teen's life is tumultuous—think hormones, social drama, and school pressures. Once you manage to view your teen as someone struggling to maintain his footing as the tectonic plates of puberty are shifting beneath him, you're more likely to be patient and empathetic. When your kid is mid-screamfest, you won't take things personally. You'll be able to say, and mean, "I can see how hard this is for you, and I really want to figure this out with you. Let's take a breath or a break and talk this through."

RULE 3 DON'T ESCALATE THE DRAMA

Just because your teen is hollering doesn't mean you should volley back. If you stay calm, your teenager will come to see you as someone she can trust, even if she disagrees with you, says Scott Haltzman, M.D., clinical assistant professor in the psychiatry department at Brown University and author of *The Secrets of Happy Families*. "Teenagers are often very confused about their emotions. They need you to be stable in order for them to tolerate the intrinsic instability and intensity of their own lives." But by keeping your cool, you're modeling how to manage strong emotions, a skill she will eventually master herself (hard as that may be to believe during a white-hot moment).

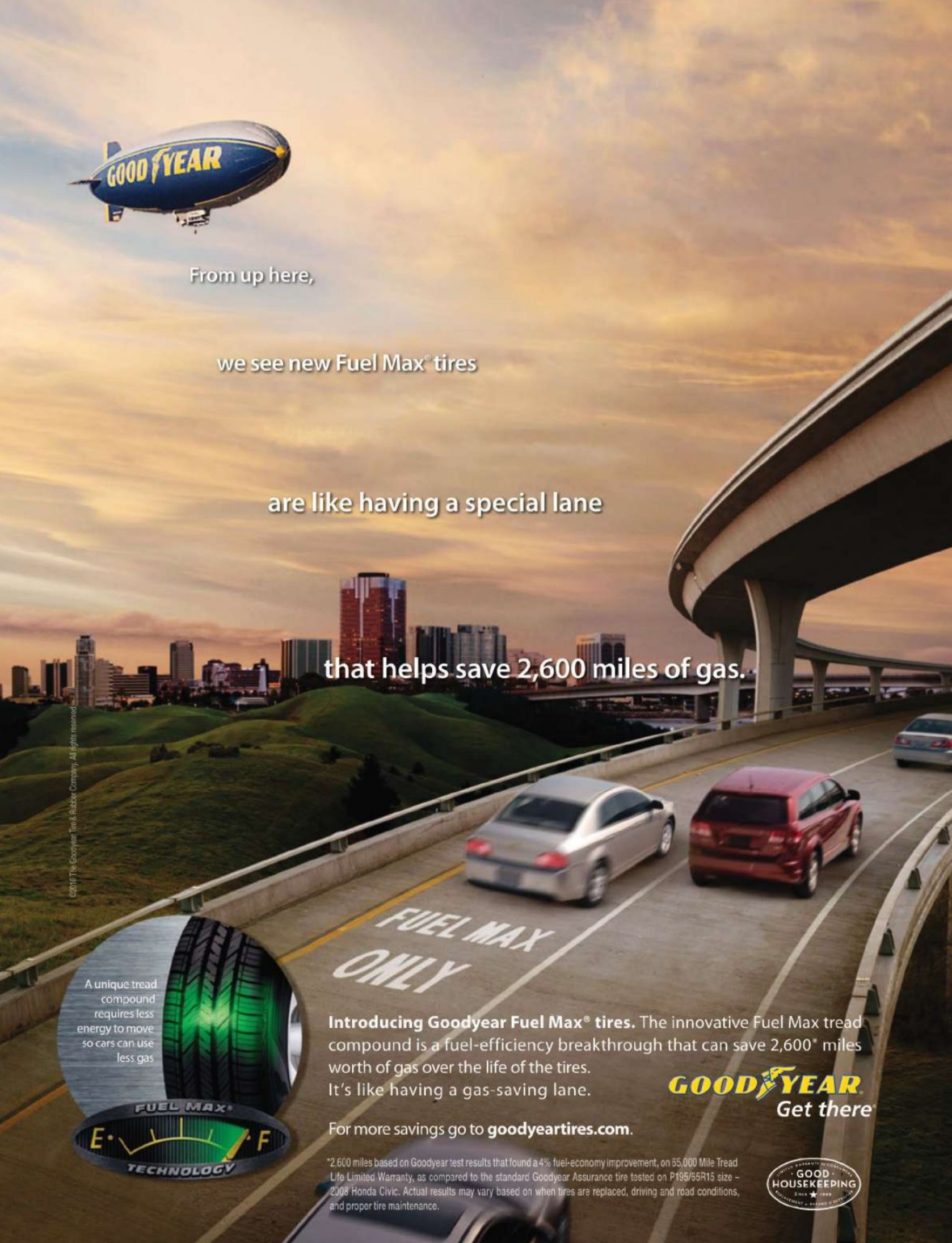
Sure, it will be tough to maintain Zen-like detachment when your kid is pounding on your hot buttons—or your home's walls. Here are a few fair-fight techniques you can employ right away to minimize collateral damage to your relationship (and house):

- **Ask her to tell you what she really wants** Asked with as much sincerity as you can muster, the simple question "What do you really want?" can be disarmingly effective. "It ends the feeling of being 'caught in the loop' in arguments, and communicates to your kid that you care enough to want to understand her needs," explains Vickie Falcone, author of *Buddha Never Raised Kids & Jesus Didn't Drive Carpool: Seven Principles for Parenting With Soul*. After you pose the question, really listen to the answer. Now's a good time to dust off your active-listening skills. Mirror back her key points: "What I hear you saying is that you want to get a tattoo because you think they're beautiful and you've put a lot of thought into finding the perfect design. Did I get that right?" When you demonstrate that you understand what she wants and why, you're actually nurturing the relationship, even if you have no intention of giving in.
- **Give some ground** While you're not going to compromise on the big-ticket issues, look for opportunities to make at least small concessions. If you've ever bought or sold a house, you know that the most satisfying →



The question "What do you really want?" can turn out to be disarmingly effective

Photograph by Loubie Lou/Photonica/Getty Images


GOODYEAR
From up here,
we see new Fuel Max® tires
are like having a special lane
that helps save 2,600 miles of gas.
FUEL MAX
ONLY
A unique tread compound requires less energy to move so cars can use less gas
FUEL MAX®
E
F
TECHNOLOGY
Introducing Goodyear Fuel Max® tires. The innovative Fuel Max tread compound is a fuel-efficiency breakthrough that can save 2,600* miles worth of gas over the life of the tires.
It's like having a gas-saving lane.
GOODYEAR
Get there
For more savings go to goodyeartires.com.
*2,600 miles based on Goodyear test results that found a 4% fuel-economy improvement, on 85,000 Mile Tread Life Limited Warranty, as compared to the standard Goodyear Assurance tire tested on P195/65R15 size – 2008 Honda Civic. Actual results may vary based on when tires are replaced, driving and road conditions, and proper tire maintenance.
GOOD HOUSEKEEPING
©2010 The Goodyear Tire & Rubber Company. All rights reserved.

negotiations end with all parties feeling as if they've gotten at least some of what they wanted. When your kids were young, you could get away with offering them a choice among options you picked ahead of time. At this stage, you need to be willing to really compromise. Obviously you're not going to concede on any nonnegotiables—personal-safety issues, for instance—but you can probably find something to give up. For instance: "We can talk about a tattoo when you're closer to your 18th birthday, but right now I'm open to your looking into a temporary tattoo." "Teens need to express their opinions and have those ideas not only listened to, but also acted on to some degree," notes Peter Scales, Ph.D., developmental psychologist and senior fellow at the Search Institute, a Minneapolis-based nonprofit dedicated to promoting healthy communities for young people. "It's a real victory for a teenager when he can persuade an adult to do things his way."

So, advises Stern, tell your child, "Give me reasons for your thinking. Try to convince me that your way is better than mine, because if it is, then I want to do it that way." Obviously there comes a point where the listening ends and the limit-setting begins. Stern suggests saying something like, "I hear you, and I want to be flexible, but I'm the parent here, and I have my own ethics and standards. I'm not going to change my mind, because this is what I believe is right. I'm sorry you're upset and disappointed."

- **Walk away** When your kids were younger, you couldn't absent yourself during a fight—you can't exactly leave a little one unsupervised in the middle of Macy's. Now you can, and sometimes should, give yourself a breather. "It's OK to walk away," says Dr. Haltzman. "Just be clear that it's a decision you are making" because the fight is heading out of bounds; you don't want it to appear that you are storming off. Stephanie Sacco, mom of six in Troy, MI, finds it useful to tell her 15-year-old daughter, Rachel, "We both need time to cool down and think about what we really want to say" and then regroup later. Just don't get baited into continuing the argument, says Dr. Haltzman. Once you say you're tabling the discussion, mean it: Don't say another word.
- **Allow your teen to walk away, too** "When you're tempted to say, 'Don't you walk away from me when I'm talking to you,' remember that your teen is actually doing what you've taught him to do—that is, remove himself from a situation that's getting out of hand," says Peter Benson, Ph.D., an expert on adolescents and the author of *Sparks: How Parents Can Help Ignite the Hidden Strengths of Teenagers*. "Waiting allows for a conversation that's much more productive." To restart the conversation, you can say, "Now that the dust has settled, let's finish this conversation so we can both move on."
- **Know how to recover from a bad fight** When an argument is over, try to smooth things over fairly quickly. Even if he's not talking, Stern suggests, say something like, "I know this has been a rough one, and I'm sorry about that. I know that we're both in the middle of our feelings right now, but I want you to know that I love you and as soon as you feel better, I'm ready to do something fun or talk through this."

Many kids will signal that they're ready to reconnect by emerging from their rooms to get something to eat from the kitchen or grab a magazine. Take that opportunity to say something like, "Are you OK? Want to go out and get some ice cream? Or can I have a hug?"

And while you're waiting for that to happen, remind yourself that fighting—provided it's done right—is a good thing. "People who are good at solving conflicts are better leaders, parents, and partners," says Falcone. "And by fighting fairly with our kids, we're preserving—and even enhancing—the most powerful parenting tool we have at our disposal: our relationship with them." ■

AVOID THESE TRIGGERS

Fighting fair means steering clear of tactics that act like a match to gasoline. Here, advice from our experts:

- 1 Stick to one issue at a time. Avoid the "kitchen sink" arguments that start with one thing and end up encompassing your kid's every transgression over the past two years.
- 2 Nix "forever" words: "You *always* throw your towels on the bathroom floor"; "You *never* listen to me when I talk to you."
- 3 Avoid comparisons like "Your brother never had any trouble getting home on time."
- 4 Skip these proven kid-enraging phrases:
 "End of conversation."
 "When I was your age..."
 "Just do it, OK?"
 "Here we go again with this."
 "I cannot believe you just said that."
 "My mother would have slapped me in the face if I'd talked to her that way."
 "I've had it with you."



The fact is over half of patients with moderate to severe RA have trouble with social, family and household activities.

Each person experiences moderate to severe rheumatoid arthritis (RA) differently. But there are a number of common ways that it impacts patients' quality of life. These ways can be broken down into 8 areas. You can begin looking for ways to reduce the impact RA can make once you're able to recognize the following areas:

1. ***Affects the physical activities you're able to do***
2. ***Forces you to cut down on your daily activities***
3. ***Causes you day-to-day pain***
4. ***Interferes with your overall health***
5. ***Reduces your energy***
6. ***Limits your ability to make and keep social plans***
7. ***Limits what you're emotionally up to doing***
8. ***Makes you feel down sometimes***

Do all you can for your RA by knowing the facts.
Learning more about your disease, including the ways it can impact your quality of life, can help you manage it the best way possible. Discovering how much your RA is impacting your own life is a good place to start.

Get in the know about RA today.
Call 1-800-RAliving or visit www.RAliving.com
to get your information package, including a Quality of Life Monitor.

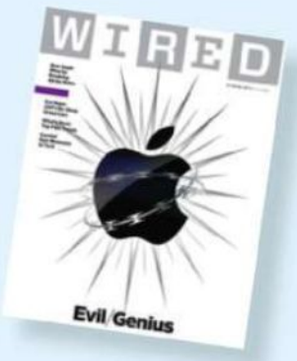


RA
Rheumatoid Arthritis

Bristol-Myers Squibb

© 2010 Bristol-Myers Squibb
427US07AB45916 Jan/10 Printed in USA

Some 

in this 

age the magazine business. They even failing 

. A genre no might be surprised to 

that 

issues than those 35 and readership is growing. In fact, spend their 

on magazine

question the 

of suspect it's in tough 

, longer in 

. Well you readers 18-34 actually read older and that our overall nearly 300 million now subscriptions.

MAGAZINES
The *Power* of *Print*®

LEGO® Games. Play a new way.



ONE OF 10 NEW GAMES NOW AVAILABLE IN THE BOARD GAMES AISLE!

Create and customize with NEW LEGO Games, a whole new way of spending fun, quality time with the family! LEGO Games are designed to be a new game every time they are played, encouraging children of all ages to build the game differently or change the dice to keep game play fresh and exciting.

LEGO

Build game nights to new heights.

For more information visit: games.LEGO.com

Follow us at: Facebook.com/LEGOGames

LEGO and the LEGO logo are trademarks of the LEGO Group. © 2010 The LEGO Group.



Get It for FREE!

If you're in the market for anything from a DVD to a bicycle, don't buy it—swap for it instead. Here's how

By Leah Ingram

68 lbs.
How much clothing and textiles the average American throws out per year

Maybe there's a silver lining to the economy's recent nosedive: A quasi-cashless society has cropped up on the Internet over the past couple of years wherein you can swap for all kinds of great goods. If you're willing to pay for shipping, you can find almost anything—from the first season of *Heroes* on DVD to Old Navy clothes for your kids to photo printers—all either brand-new or gently used, and all completely free. And, at this moment when we're all interested in recycling, it gives you a fun and relatively stressless way to get your unwanted stuff into the hands of a grateful recipient. Here's a look at some of the biggest and best sites where you can swap safely.

ENTERTAINMENT

Swapadvd.com, which was given the thumbs-up by the Good Housekeeping Research Institute (GHRI) for its ease of use, can be a movie maven's best friend. Register for a free account on this site and decide which of your DVDs you want to swap. You must have the original cases; use the UPC codes on them to easily list your →

Photographs by PHILIP FRIEDMAN/STUDIO D

DVDs. Full descriptions and cover art are supplied by the SwapaDVD database. When someone wants one of your DVDs, you mail it out (postage averages about $2 per package via first class mail; SwapaDVD members can print postage and a combo mailing label and wrapper for sending movies). When the other person indicates receipt of your DVD, you get one credit per disc deposited into your account. List 10 DVDs that you're willing to send out, and you can immediately request a complimentary DVD—you'll find everything from *The Sopranos: The Complete First Season* to *Jillian Michaels: 30 Day Shred*. On a recent visit to swapadvd.com, 196,608 DVDs were available for swapping. Unlike those from Netflix or the library, DVDs from SwapaDVD are yours to keep. That's one reason why Kathy Goughenour, of Black, MO, loves the service. "We live in a petite house, and we must have had 1,000 DVDs," says Goughenour, 53. With swapadvd.com, she off-loaded duplicate DVDs, whittled her collection down to about 500, and got new movies to watch. If she ever tires of them, she can swap them again. "We've canceled all our movie channels," she says, "so we're saving at least $40 a month."

"Thanks to swapadvd.com, we've canceled all our movie channels, saving $40 a month"

Swap.com lets its members trade books, movies, music, and video games for free. With about 3.5 million items up for swapping, it's no wonder GHRI gave it high marks for selection. Unlike on other sites, where you have to earn points in order to start trading, on swap.com you make one-for-one trades or three-way trades, and can start as soon as you sign up. When you join, you list "Items I Have" (what from your collection you're willing to give away) and then list "Items I Want." Then the site does its matchmaking to find you a swap partner, saving you hours of potential Web-surfing time. Sarah Foster, 45, a technical editor in Atlanta, has used swap.com for more than a year, and has traded *Ever After* for *Juno,* the original *Star Wars Trilogy* box set for the *How I Met Your Mother* Season One box set, and *Rain Man* for *Waitress*.

Kristi Cole, 39, a mom of two in Dallas, has used swap.com for two years as a way to thin her hardcover book collection—and get some new reads and flicks delivered right to her door. Since the service lets you print postage at home, "that means no standing in line at the post office," says Cole. Another benefit: The site tracks how much money she's saved by swapping: "In my case, $99 on 17 trades." All traders get ratings, as on eBay, so you can see who is a quick and reliable trader...and who isn't.

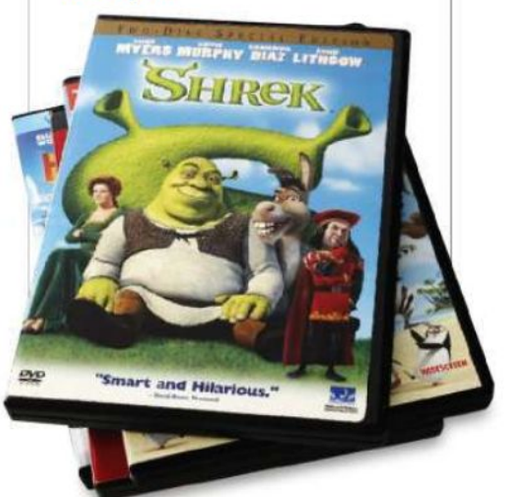
KIDS' STUFF

Swapbabygoods.com may not have millions of listings—typically, there are about 1,000 listings, from brand-new Berkshire-brand bedding to iCarly backpacks—but the site has other benefits that members rave about. Jennifer Bailey, of Marysville, MI, says she's traded for loads of gear for her 5-year-old daughter and 3-year-old twins, including cute Gymboree clothes in great condition. And because swapbabygoods.com is set up for one-to-one swaps (you find someone who has something you want and who wants something you have), she's connected with other moms of →

SWAP SAFELY

Trading is built on trust, but that doesn't mean everyone out there swapping on the Internet is trust*worthy.* To protect yourself, keep these key rules in mind, says Daniel Meyerov, CEO of Onlybusiness.com and an online business expert.

- Be cautious when you're dealing with a new swapper—someone with no history on a swap site (most sites show how many transactions someone has under her belt). Have that person send her item first. "If you send me your item the way you promised, then I'll send my item," Meyerov explains of this unwritten etiquette. He estimates that 85 percent of swaps gone bad—called "swaplifting"—involve traders with no recorded experience. A first-time swapper could just be new to the online-swap world, or she could be a scammer out to get something for nothing.
- If you choose to unload your unwanted items via Craigslist and Freecycle, don't be home alone when the recipient comes to pick up his goods. Also, since these sites can be plagued with first-takers who wind up being no-shows, give a deadline ("If you're not here by 1 P.M., I'll offer it to the next person") or, on Craigslist, ask for a small amount of money—$5 or $10. To further protect yourself, accept only cash or advance payment via PayPal.





Your child could be

♂neless

♀ person affected by HPV disease.



Now you can help protect both your son and daughter with GARDASIL.

Because HPV disease can impact males and females.

There are over 30 types of human papillomavirus (HPV) that will affect an estimated 75% to 80% of males and females in their lifetime. For most, HPV clears on its own. But, for 30 women a day in the US (about 11,000 women a year), certain types of HPV lead to cervical cancer.

Other types of HPV can cause genital warts in both males and females. It is estimated that each minute in the US, there is a new case of genital warts.

GARDASIL is the only HPV vaccine that helps protect against 4 types of HPV. In girls and young women ages 9 to 26, GARDASIL helps protect against 2 types of HPV that cause about 75% of cervical cancer cases, and 2 more types that cause 90% of genital warts cases. In boys and young men ages 9 to 26, GARDASIL helps protect against 90% of genital warts cases.

GARDASIL may not fully protect everyone. GARDASIL does not prevent all types of cervical cancer, so it's important for women to continue routine cervical cancer screenings. GARDASIL does not treat cervical cancer or genital warts. GARDASIL is given as 3 injections over 6 months.

IMPORTANT SAFETY INFORMATION

Anyone who is allergic to the ingredients of GARDASIL, including those severely allergic to yeast, should not receive the vaccine. GARDASIL is not for women who are pregnant.

The side effects include pain, swelling, itching, bruising, and redness at the injection site, headache, fever, nausea, dizziness, vomiting, and fainting. Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care professional may ask your child to sit or lie down for 15 minutes after your child gets GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your child's health care professional.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088. Please see the Patient Information on the next page to discuss it with your child's doctor or health care professional.

GARDASIL®

[Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

gardasil.com **1-800-GARDASIL**

Talk to your child's doctor today.

Having trouble paying for your Merck medicine? Merck may be able to help. Visit merck.com/merckhelps.

All rights reserved. 2100222 I(14)(613)-GRD-CON

USPPI
Patient Information about GARDASIL® (pronounced "gard-Ah-sill")
Generic name: [Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

Read this information with care before getting GARDASIL.[1] You (the person getting GARDASIL) will need 3 doses of the vaccine. It is important to read this leaflet when you get each dose. This leaflet does not take the place of talking with your health care provider about GARDASIL.

What is GARDASIL?
GARDASIL is a vaccine (injection/shot) that is used for girls and women 9 through 26 years of age to help protect against the following diseases caused by Human Papillomavirus (HPV):
- Cervical cancer
- Vulvar and vaginal cancers
- Genital warts
- Abnormal and precancerous cervical, vaginal, and vulvar lesions
 - The diseases listed above have many causes, and GARDASIL only protects against diseases caused by certain kinds of HPV (called Type 6, Type 11, Type 16, and Type 18). Most of the time, these 4 types of HPV are responsible for the diseases listed above.
 - GARDASIL cannot protect you from a disease that is caused by other types of HPV, other viruses, or bacteria.
 - GARDASIL does not treat HPV infection.
 - You cannot get HPV or any of the above diseases from GARDASIL.

GARDASIL is used for boys and men 9 through 26 years of age to help protect against genital warts.

What important information about GARDASIL should I know?
- You should continue to get routine cervical cancer screening.
- GARDASIL may not fully protect everyone who gets the vaccine.
- GARDASIL will not protect against HPV types that you already have.

Who should not get GARDASIL?
You should not get GARDASIL if you have, or have had:
- an allergic reaction after getting a dose of GARDASIL.
- a severe allergic reaction to yeast, amorphous aluminum hydroxyphosphate sulfate, polysorbate 80.

What should I tell my health care provider before getting GARDASIL?
Tell your health care provider if you:
- are pregnant or planning to get pregnant. GARDASIL is not recommended for use in pregnant women.
- have immune problems, like HIV infection, cancer, or you take medicines that affect your immune system.
- have a fever over 100°F (37.8°C).
- had an allergic reaction to another dose of GARDASIL.
- take any medicines, even those you can buy over the counter.

Your health care provider will help decide if you should get the vaccine.

How is GARDASIL given?
GARDASIL is a shot that is usually given in the arm muscle. You will need 3 shots given on the following schedule:
- Dose 1: at a date you and your health care provider choose.
- Dose 2: 2 months after Dose 1.
- Dose 3: 6 months after Dose 1.

Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care provider may ask you to sit or lie down for 15 minutes after you get GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your health care provider.

Make sure that you get all 3 doses on time so that you get the best protection. If you miss a dose, talk to your health care provider.

Can other vaccines and medications be given at the same time as GARDASIL?
GARDASIL can be given at the same time as RECOMBIVAX HB®[1] [hepatitis B vaccine (recombinant)] or Menactra [Meningococcal (Groups A, C, Y and W-135) Polysaccharide Diphtheria Toxoid Conjugate Vaccine] and Adacel [Tetanus Toxoid, Reduced Diphtheria Toxoid and Acellular Pertussis Vaccine Adsorbed (Tdap)].

What are the possible side effects of GARDASIL?
The most common side effects with GARDASIL are:
- pain, swelling, itching, bruising, and redness at the injection site
- headache
- fever
- nausea
- dizziness
- vomiting
- fainting

There was no increase in side effects when GARDASIL was given at the same time as RECOMBIVAX HB [hepatitis B vaccine (recombinant)].

There was more injection-site swelling at the injection site for GARDASIL when GARDASIL was given at the same time as Menactra [Meningococcal (Groups A, C, Y and W-135) Polysaccharide Diphtheria Toxoid Conjugate Vaccine] and Adacel [Tetanus Toxoid, Reduced Diphtheria Toxoid and Acellular Pertussis Vaccine Adsorbed (Tdap)].

Tell your health care provider if you have any of the following problems because these may be signs of an allergic reaction:
- difficulty breathing
- wheezing (bronchospasm)
- hives
- rash

Tell your health care provider if you have:
- swollen glands (neck, armpit, or groin)
- joint pain
- unusual tiredness, weakness, or confusion
- chills
- generally feeling unwell
- leg pain
- shortness of breath
- chest pain
- aching muscles
- muscle weakness
- seizure
- bad stomach ache
- bleeding or bruising more easily than normal

Contact your health care provider right away if you get any symptoms that concern you, even several months after getting the vaccine.

For a more complete list of side effects, ask your health care provider.

What are the ingredients in GARDASIL?
The ingredients are proteins of HPV Types 6, 11, 16, and 18, amorphous aluminum hydroxyphosphate sulfate, yeast protein, sodium chloride, L-histidine, polysorbate 80, sodium borate, and water for injection.

This leaflet is a summary of information about GARDASIL. If you would like more information, please talk to your health care provider or visit www.gardasil.com.

Issued June 2010

Manufactured and Distributed by:

MERCK & CO., Inc.
Whitehouse Station, NJ 08889, USA
21002221(14)(613)-GRD-CON

[1]Registered trademark of MERCK & CO., Inc.
Whitehouse Station, NJ 08889, USA
COPYRIGHT © 2006, 2009 MERCK & CO., Inc.
All rights reserved

GOOD HOUSEKEEPING
ONLINE STORE.

Visit us at **cafepress.com/ghk** and browse our selection of T-shirts with the Good Housekeeping Seal, as well as postcards and mugs featuring vintage Good Housekeeping covers.



Today's "quick and easy" way to clean your floors.

Mom would definitely approve.

She was right about that boy who broke your heart in the 9th grade, and you can bet if Mom had a **HAAN**®, she would have told you it's the best way to clean your hard-surface floors. Quick and easy to use, the **HAAN**® Slim & Light™ Steam Cleaning Floor Sanitizer features Smart Steam™ Technology for unsurpassed performance and dependability that's light years ahead.

It's about time.



© Copyright 2010 HAAN, Corporation. All rights reserved. HAAN, is a registered trademark of the HAAN, Corporation.
HAAN, engineering clean.™ Smart Steam.™ and Slim & Light™ are trademarks of the HAAN, Corporation. Sears Life Well Spent is a trademark of the Sears Holdings Corporation.

AVAILABLE AT: Sears Life. Well spent.

Visit **HAAN**mom.com for a limited time **FREE GIFT OFFER** or call 1.877.422.6347

HAAN. engineering clean.™

Now kids have their own,
fun way of getting fiber.



With a good source of fiber in each serving of these cereals your kids love, Kellogg gives kids a great-tasting way to start their morning.

Kellogg's® makes fiber FUN™

®,TM,©, 2010 Kellogg NA Co.

twins; they regularly swap clothing as their kids outgrow it for coupons and other things. The members of this dynamic community even share tips on how to save money on meals. Bailey, 42, says that this advice has helped her save a big chunk.

Zwaggle.com is a virtual mall teeming with stuff for kids—Game Boy cartridges, Old Navy clothes, Stride Rite shoes, and more. How it works: You use "zoints" as your currency. You get 25 zoints for joining the site, and more as you send off your unwanted gear. The site includes an integrated FedEx and U.S. Postal Service shipping tool that lets you print out a prepaid and preaddressed shipping label and schedule a pickup—so much easier than schlepping to the post office.

Colleen Ehrnstrom, of Boulder, CO, turned to Zwaggle after having good experiences with Craigslist. "Craigslist stays local, and Zwaggle has created a national option," says Ehrnstrom, who's gotten a new baby sling and more from the site. You can choose how many zoints you want to receive for something you're offering. "A stroller may be 'worth' 20 zoints," explains Ehrnstrom, "but if I don't want it in my house anymore, I'll post it for five zoints, and it's gone in an hour." Good to know: Zwaggle has a resolution team that can step in and mediate if a swap goes wrong and the people involved can't settle the matter themselves.

SERVICES

Timebanks.org provides an interesting new way to swap favors. If you've ever wished you could walk a neighbor's dog for a week in exchange for getting your gutters cleaned, this may be just the site for you. You donate as little as an hour of your time doing a requested task in your nearest TimeBank's online catalog, from feeding someone's pet to weeding a church garden, and then deposit that hour in your account. You can later withdraw that time when you need a free service from another member. Of the over 100 TimeBanks groups in 34 states, the most popular "bartered" services include housekeeping, pet care, transportation and home repair. And some TimeBanks have a comforting safety net: In order to join the TimeBanks group, every person must go through an extensive application and interview process along with a criminal background check. ■

FREEBIES FOR ALL

Here are two websites that can help you get free stuff without ever participating in a swap

- **Afullcup.com** is an online savings forum packed with coupons and a freebies section with leads on how to get anything from Dentyne gum to Purina pet food to books for kids—at absolutely no cost.
- **Citiesonthecheap.com** is actually a network of "on the cheap" city websites. They offer hyperlocal information on free things to do, see, and eat in your area, such as when there are free sandwiches to be had at Chik-fil-A, when kids eat free at IKEA stores nationwide (this is possible more often than you might think), and when museums, movie theaters, and minor-league baseball teams offer discounted or free admission. Started by an Atlanta mom looking for affordable ways to keep her kids entertained, citiesonthecheap.com now includes 30-plus different websites across the country.



Schiff®
Quality
Guarantee

Quality is not just a word. It's our mission.



Schiff 70

For over 70 years, Schiff® has been an industry leader in providing quality vitamins and supplements. The most rigorous standards of research, testing and production ensure that each Schiff® supplement you take is guaranteed for purity, freshness and labeled potency.

QUALITY ▪ HERITAGE ▪ TRUST

For coupon savings and more information on our complete line of products, visit www.schiffvitamins.com or call us toll free at 1-800-526-6251 (8 am - 5 pm MST Mon–Fri)

642-A1

TESTING YOU CAN TRUST

Testing from the Good Housekeeping Research Institute

the goods

WHAT TO BUY, SKIP & KNOW

Holiday Guest Prep

Something to be thankful for: a season of hassle-free entertaining. Here's all you need to be fully equipped for cooking, dining, and welcoming visitors



TOP STAND MIXERS
It's iconic for a reason: **KitchenAid** made the first and still makes the best. The **Artisan** (*left*, $350), a true workhorse, kneads dough for up to three loaves of bread (it has a capacity of nine cups of flour). Runner-up **Ultra Power,** also by KitchenAid ($300), handles up to eight cups—enough for two loaves. Both have a whisk, a beater, and a dough hook; the Artisan includes a "no-splash" plastic pouring shield, and its bowl has a handle. Bonus: It comes in over 40 colors and finishes (shown: bayleaf). The Ultra comes in red, white, or gray.

INSIDE

Holiday Guest Prep
- Mixers 125
- Folding chairs 126
- Towels 128
- Cookware 131
- Dishwashers 132
- Carpet stain removers 132
- Blankets 135

GHRI on Your Side 136

A BAKER'S BEST FRIEND

Whether it's a cake mix from a box or a family cookie recipe from scratch, chances are you'll be baking something this holiday season. Using an electric mixer ensures that your cake layers are light and airy, your frosting satiny, your cookies crisp or chewy—and it's speedier (and less tiring) than stirring umpteen times. **We tested 12 stand mixers,** which free you to do other tasks while they do the work. Read here (and turn the page) for the stand and hand mixers that take the cake.

PHOTOGRAPHS BY PHILIP FRIEDMAN

Best Hand Mixers



Less expensive than a stand mixer, a handheld mixer is just the thing for quick tasks, like whipping cream or egg whites, as well as occasional baking. Of the **15 we tested,** these beat the rest.







STAND-UP DEAL
For less dough, the **Hamilton Beach Eclectrics All-Metal Stand Mixer** ($200) will capably mix your batter. Cookies came out tender yet crisp, cakes fluffy, and whipped cream lofty. It struggled a bit with bread, which didn't bake up quite as high and airy as the loaves mixed with the KitchenAids. It comes with a beater, whisk, and dough hook, plus a pouring shield and a bowl with handle. In black, red, and white.

FULLY LOADED
Want a powerful, versatile mixer that's easy to stash? The **Cuisinart Power Advantage Plus 9-Speed** ($70) churned through our cake-batter and cookie and bread dough tests; it has digital controls and includes a storage case. Otherwise excellent, the **5-Speed** model ($40) isn't equipped for bread prep.

SUPER BARGAIN
Though just $20, the **Sunbeam MixMaster Hand Mixer** is a powerhouse. It handled bread kneading impressively well, rivaling the stand mixers' abilities and turning out tall, airy loaves. One quibble: The dial control turns a tad too easily, so it's hard to set the speed.

WELL ACCESSORIZED
The **Hamilton Beach SoftScrape's** ($35) easy-to-clean rubber-coated beaters and whisks won't scratch bowls or cookware. The mixer is particularly good at whipping cream, egg whites, and cake batter, but lacks hook attachments to knead bread. An attractive case stores it all.

Sturdy Folding Chairs

Hosting a crowd may call for extra seats. **We evaluated 12** to find four that are solid (tested to hold 300 pounds) and comfy enough for sitting through a long meal.



1 COSCO UPHOLSTERED
The seat is cushiony, which more than makes up for its standard "folding chair" looks. It opens and closes smoothly, but it's bulky to store and a bit heavy (11.5 pounds). Beige only ($35).



2 MITY-LITE MESHONE
Testers raved about the comfort of this lighter-weight (10.5-pound) chair. It's made from stain-resistant mesh and claims to support up to 1,000 pounds. In black or silver frame ($50).



3 CONRAN SHOP POCKET
This designer chair is built to last: Its polypropylene resists scratches and stains. While a cinch to fold and unfold, it weighs nearly 12 pounds—a tad heavy to lug to and from storage ($99).



4 IKEA NISSE
Very lightweight (7.7 pounds) and inexpensive, this stain-resistant chair is easy to carry, store, open, and close, and has few pinch points or sharp edges. In black or pink ($13).

Rich & Dark

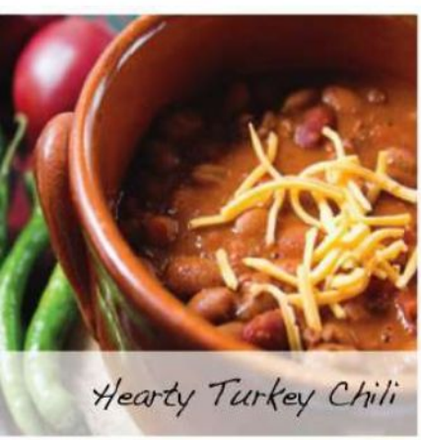
Heart Healthy*

Like Homemade

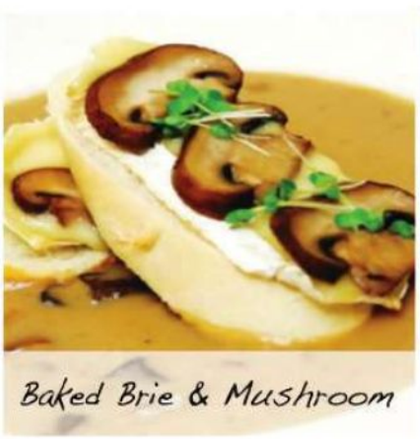


Warm up this winter with soups that are just like homemade... minus the hassle!

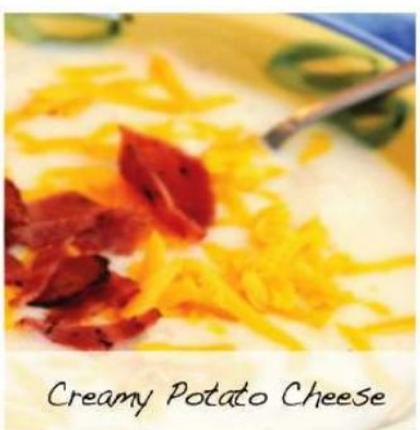
Kitchen Basics® Real Cooking Stocks are ready-to-use and can turn any of YOUR favorite soups into EVERYONE's rich and healthy favorite!



Hearty Turkey Chili



Baked Brie & Mushroom



Creamy Potato Cheese



Chicken Noodle



Italian Minestrone

Kitchen Basics® makes winter soups a snap.

This winter, don't forget to "stock" your pantry with Kitchen Basics Real Cooking Stocks! Perfect for any winter soup. Find these and other great recipes online at **www.kitchenbasics.net.**

Italian Minestrone

In a large soup pot over medium heat, add olive oil, onions, celery, carrots, garlic, garlic powder and pepper. Cook, stirring frequently until onions are soft. Add all remaining ingredients including juices from canned vegetables and bring to a slow boil. Add pasta, stirring well, lower heat to a simmer for 20 min.

Ingredients for Italian Minestrone

1 32 oz. carton Kitchen Basics Unsalted Beef Stock
1 Tbsp. olive oil
1 stalk celery, washed, peeled, sliced
1 medium onion & 1 carrot, diced
1 cup shredded cabbage
1-14 oz. low-salt crushed tomatoes in puree
1-15 oz. can no-salt red kidney beans in juice
1 medium potato, peeled and diced
1 Tbsp. each cider vinegar and sugar
2 cloves garlic, minced
1/2 tsp. ea. garlic powder, basil, rosemary & oregano
3-4 oz. uncooked pasta (elbows, penne, rotini or ziti)

Terrific Towels

You can never have too many towels—especially with a rotating cast of overnight visitors. To help you choose a great new set, **we checked out 55 lines, testing a white and a colored towel from each** for absorbency, drying time, shrinkage, fading, and wear. Here, five to get wrapped up in.



BEST VALUE
A real bargain, **Bed Bath & Beyond's Lasting Color** ($6) wicked away water and dried out quickly. After five washes, the towel faded little but lost four to five inches in length and an inch or so in width. The tough cotton won't tear easily. In eight colors.

LEAST SHRINKAGE
The downfall of all cotton towels is that they will shrink over time. The extremely absorbent **Pottery Barn Hydro Cotton** ($19) shrank the least overall of our winners, losing three to four inches in length and about an inch in width after five washes. It also didn't fade much. In five colors.

FADE-RESISTANT
For towels that won't lose their vibrancy, consider **Park Avenue from Peacock Alley** ($29). The elegant cotton absorbs well and dries quickly, and looked nearly new after multiple washes, although it shrank about three inches in both width and length. In five colors.

SUPER LUXE
The plush **Macy's Hotel Collection** ($25) bested the rest to become our overall test winner. Very absorbent but also quick-drying, these cotton towels looked and felt lovely even after multiple washes, though they did shrink some (three to four inches in length and about an inch in width). In 16 colors.

FASTEST DRYING
The lightweight **JCPenney's Linden Street Quick Dri** ($10) dried quickly indeed—in about 2½ hours in our tests (the fastest of our picks by nearly 25 minutes, on average). The trade-off: It's thinner than others, so the cotton may rip more easily if snagged. Shrinkage ranged up to four inches all around. In 10 colors.

THE FINE PRINT Many towels' care tags (more than half on those we tested) instruct you to tumble dry on low. While we adhered to care guidelines, if you regularly use high heat, towels may shrink, fade, or wear out faster.

SHOPPING DETAILS, page 234

TEMPUR-PEDIC

ask me



"ask me what it's like to sleep on a CLOUD"



TEMPUR-Cloud™ *Supreme*

Introducing the TEMPUR-Cloud™ *Supreme*

The softest, plushest Tempur-Pedic bed ever! It's a breakthrough combination of softness AND support... with a feel you simply can't get from a regular mattress or pillow-top.

© 2010 Tempur-Pedic Management, Inc.

"ask me why it's soft as a cloud and it still supports me"

"ask me why it's bye-bye pillow-top"

TEMPUR-PEDIC 20 YEAR LIMITED WARRANTY

Take the first step! Call for your FREE DVD & Information Kit

1-866-274-9997 or visit TempurPedic.com/cloud

to find a retail location near you!

TEMPUR-PEDIC

The most highly recommended bed in America.™



Part of being the best is doing good.



Eggland's Best is proud to support Susan G. Komen for the Cure®, the world's largest breast cancer advocacy organization, in its promise to end breast cancer forever. In addition to providing financial support, Eggland's Best will display Susan G. Komen for the Cure's running ribbon logo (along with a pink version of our "EB" stamp) on all of our eggs during the autumn of 2010.

As always, when you purchase Eggland's Best eggs, you can feel good about giving your family the very best in taste and nutrition. But now you can also feel good about helping to find the cure for a disease that affects millions.

Eggland's Best. Now, more than ever, they're worth it.

Benefiting

SUSAN G. KOMEN FOR THE CURE®

In 2010, Eggland's Best will donate $50,000 to Susan G. Komen for the Cure® in support of their promise to end breast cancer forever.



EGG·LAND'S BEST

Better taste. Better nutrition. Better eggs.

www.eggland.com

Choice Cookware

If you're considering picking up a few extra pots and pans or replacing a whole set, now—before the end-of-year cooking marathon—is the time to do it. **We evaluated 25 lines of nonstick cookware and 10 lines of traditional cookware with stainless steel interiors.** Here, the ones that best handled the heat.

NONSTICK



Anolon Advanced Bronze Collection
$300 (10-piece set); $25 (8" skillet)

Made of hard-anodized aluminum, this even-heating, heavyweight cookware is **nonstick-coated both inside and out** for easy cooking and effortless hand-washing (it's not dishwasher-safe). The pieces, including lids, can be used in an oven up to 400°F.



Circulon Contempo
$200 (10-piece set); $20 (8" skillet)

Food easily slides off the slick nonstick finish of these hard-anodized aluminum pans. They heat very evenly on a gas range, less so on an electric one. The pieces clean well by hand (but can't go in the dishwasher), and are oven-safe up to 400°F.



Earth Pan II with SandFlow Nonstick
$150 (10-piece set); $20 (8" skillet)

Unlike the interior coatings of other lines, this one's is **made without the chemical PTFE,** which can release fumes if overheated. It's not as slick as some nonstick; you may be tempted to add oil when cooking. Pans are oven-safe to 600°F and dishwasher-safe.



Paula Deen Signature Porcelain
$120 (12-piece set); $15 (8" skillet)

Bargain-priced, this nonstick aluminum cookware **heated up very evenly on both electric and gas stovetops.** It comes in five cheery colors (butter, red, charcoal, orange, and robin's-egg blue). It's oven-safe to just 350°F; hand-wash only.

SAFETY FIRST
Avoid fumes: Never preheat nonstick pans or use on high heat

TRADITIONAL



All-Clad d5 Stainless
$1,230 (15-piece set); $95 (8" frying pan)

The high price of this trophy line has a lot to do with its construction—**a stainless core between layers of aluminum, "clad" with more stainless** (many pans have only an aluminum base). The result: extremely even heating. Dishwasher-safe, and oven-safe to 500°F.



Emeril Stainless & Copper
$300 (14-piece set); $20 (8" skillet)

This set has a number of **touches that make it very user-friendly:** pouring spouts, measuring marks inside the pans, and lids with holes for draining pasta or vegetables. Pans (but not lids) are oven-safe to 550°F. All dishwasher-safe; the copper will need a polish.



Rachael Ray Stainless Steel
$200 (10-piece set); $25 (1-qt. saucepan)

Like most pans with aluminum disk bases, **these heat up perfectly on electric burners,** but less evenly on gas. The orange silicone handles stay cool. Pans can go in the dishwasher, but the handles' rivets discolored after 14 cycles. Oven-safe to 400°F.



T-fal Ultimate Copper Bottom
$150 (12-piece set); $35 (10.5" frying pan)

With copper accents and a thick aluminum-core base, **this cookware is a steal for the price.** Measurement markings inside the pots are a bonus. The line is dishwasher-safe, but you'll need to polish the copper. Pans (but not lids) are oven-safe to 500°F.



Stainless Steel Dishwashers

On our list of annoying holiday chores: washing *all* those dirty dishes! If your machine is old or on the fritz, it might be worth upgrading to one of these all-stainless steel models. We loaded, unloaded, and reloaded **15 machines with some really gunky plates,** cookware, glasses, and more, running normal and heavy-duty cycles. Our shining stars:

1 SPLURGE

With all its upscale features, the **GE Profile PDWT480RSS** ($1,249) may be as close as you can get to having dishes that wash themselves. Its bottom rack is designed so that the soiled sides of plates face the center for better cleaning, and its SmartDispense system lets you prefill detergent for about a month's worth of loads.

2 PERFORMANCE

The **Asko D5122XXL** ($1,049) earned a top score for cleaning and drying loads effectively, quietly, and efficiently—it uses the least energy of all our picks. Other standout features: a knife holder for safely placing blades in the top rack, and a fingerprint-free finish on the door exterior (plus very helpful company customer service).

3 SIMPLICITY

If you just can't figure out how to fit it all in, consider the **KitchenAid KUDS301VSS** ($849). Within its roomy interior are a large flatware basket, a caddy for long-handled utensils, and clips to hold plastic cups in place. A plus: A "ProScrub" section in the bottom rack scours particularly grimy cookware with targeted sprays.

4 VALUE

The nicely priced **LG LDS4821ST** ($600) had the highest-scoring normal cycle of our test—great for everyday loads. Its heavy-duty cycle scoured away all but frying-pan grease and crusty mac 'n' cheese. We like the extra rinse option (usually not found at this price), but wish the racks' tines folded down for even easier loading.

FAST AND EASY CARPET STAIN REMOVERS

"Oops!" With so many guests and so much eating, it's bound to happen: a spill or splotch on your carpet.

We tested **21 stain removers** on messes that were fresh *and* on those that had set for 24 hours. Scrape or blot messes first, and try out the remover in a hidden spot on the carpet to make sure it won't also take out the dye.



Our test topper, the **Hoover Platinum Collection Instant** (18-ounce aerosol spray, $10), scored best for fresh stain removal (spaghetti sauce and coffee in particular) and took out set-in red wine with one application. It can also be used on upholstery.



The **Bissell OxyPro** (14-ounce spray, $6) was particularly effective on wine stains, both immediately and 24 hours later, and erased a fresh spaghetti-sauce blotch. We liked its targeted sprayer for a more accurate application.



When used immediately, the **Weiman Carpet Cleaner** (22-ounce trigger spray, $5) dissolved most stains, and perfectly zapped spaghetti sauce. It struggled most on chocolate syrup and coffee stains left overnight. This is a good choice if you prefer a trigger spray for its surer grip.

Top photograph courtesy of GE Appliances

Click Here Find out how to load your dishwasher at goodhousekeeping.com/dishwasher

Dear Santa,

All I want for Christmas this year is:

- [] Zoobles Gift Pack



- [] Tonka Ricochet R/C



- [] Explore with Dora & Perrito



- [] Toy Story 3 Buzz Lightyear Deluxe Action Wing Pack



- [] Dance Star Mickey



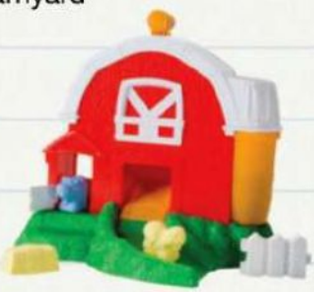
- [] Lego Atlantis Exploration HQ



- [] Loopz



- [] Moon Dough Magic Barnyard



And my Mom said that you can get all of this plus a lot more super cool toys at Kmart!

Love, x_____

P.S. I've been really really really good this year.

kmart Fab 15! toys

Go to www.Kmart.com/Fab15toys to vote for the #1 toy and enter for a chance to WIN all 15 toys!

kmart

No purchase necessary. Sweepstakes ends November 28, 2010. Sweepstakes open to legal residents of the forty-eight (48) contiguous United States and the District of Columbia, who are 18 or older at the time of entry. Void in Alaska, Hawaii and where prohibited. See Official Rules at www.Kmart.com/Fab15toys.



DREW BREES
NFL Saints Quarterback





COLD SYMPTOMS TACKLED.
FROM GOALPOSTS TO BEDPOSTS.

Vicks DayQuil.
The daytime,
stuffy head,
sore throat,
coughing,
aching,
fever,
get yourself back
in the game...
medicine.

Vicks NyQuil.
The nighttime,
sniffling,
sneezing,
coughing,
aching,
fever,
best sleep you ever
got with a cold...
medicine.

NFL PLAYERS

© Procter & Gamble, Inc., 2010. Read each label. Use as directed. Keep out of reach of children.
© 2010 NFL Properties LLC. Team names/logos/indicia are trademarks of the teams indicated. All other NFL-related trademarks are trademarks of the National Football League. NFL PLAYERS is a trademark of National Football League Players Incorporated.

VICKS | NFL
Official Sponsor of the NFL

COVER UP
Prevent blankets from pilling by protecting them with a coverlet

Blankets Made to Last

It's always a smart idea to have extras on hand for overnight company. We **put 32 blankets through our battery of tests** because (of course) you want ones that feel cuddly soft and that won't fade, shrink, snag, stain, or pill. Here, our cozy winners, from lightweight to extra-warm.



LIGHTWEIGHT COTTON
The Company Store's Eloquence Supima Cotton (shown, $69 to $109; seven colors) stayed soft and didn't fade, fray, or snag after five washes. It shrank a little, but you may not notice, given that it's oversize. The chevron-patterned **Lands' End Organic Cotton** ($59.50 to $109.50; four colors) has double stitching—a sign of good construction. It won't fade, but may snag and pill.

MIDWEIGHT MICRO FLEECE
Grid-patterned **Polartec Softec Blanket by Berkshire** (shown, $30 to $50; four colors) is strong and soft—unlikely to tear if snagged. A good buy, the **Cannon Microfleece** ($15 to $35; five colors) was the only blanket to earn a perfect score on our washing tests—it didn't snag, fade, shrink, fray, or warp, and all stains came out on the first try. It also didn't pill as much as others; it should look great for years.

WARMEST MICRO PLUSH
For supreme softness, choose the fuzzy **Cannon Microplush** (shown, $30 to $50; four colors) or the **Berkshire Indulgence** ($30 to $50; eight colors), which both had our testers wanting to curl up. The Cannon didn't shrink, fade, or fray, but may pill and snag. The Berkshire washed beautifully, with no fading or shrinkage, and little fraying. It, too, will pill.

WARMEST WASHABLE WOOL
Garnet Hill Sidney Merino Wool (shown, $198 to $298; five colors) surprised even our wool-averse testers with how soft—not scratchy—it felt. It came out of the wash looking great, though it will pill over time. The **L.L.Bean Washable Wool** ($79 to $109; seven plaids) has a more "country" look, but is just as warm and almost as soft. It shrank a bit, though its generous size should make the reduction moot.

NEXT MONTH: The Best Toys of the Year, Age by Age



GHRI INVESTIGATES

Baby Strollers

In our review of full-size strollers, GHRI was dismayed to discover that **more than a quarter of those tested posed a potential hazard to young children**—even though all had met industry safety standards. The problem is that those standards have a serious oversight: They don't include a test for pinch points—places where children's fingers can get caught—when accessories like hoods are being opened and closed. Millions of umbrella strollers were recently recalled after kids' fingers were injured—even amputated.



Look out: Hinges could trap a child's finger

We used a special instrument the size of a toddler's finger to **test the hinge mechanisms of stroller hoods to make sure they could be safely adjusted.**

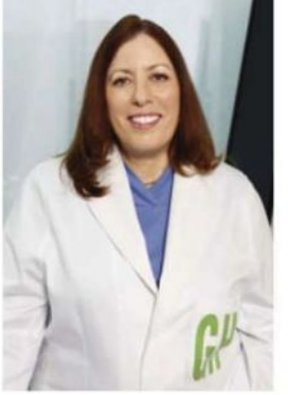
We found 10 of the 36 strollers we tested had places in which a child's finger might get caught (see inset). GHRI urges the industry to address these risks in order to improve its safety standards for all strollers.

The takeaway Inspect all of a stroller's hinges with extreme care. Check that there's enough space for a pencil (the approximate size of a toddler's finger) to move freely between hinge parts at all points during hood adjustment. And make sure young children are out of the way when you expand or collapse any stroller or stroller hood.

Which strollers didn't pass our finger-probe test?

- Combi Cosmo
- Combi Savvy
- Contours Lite
- Evenflo Aura Elite
- Go-Go Babyz Urban Advantage
- Jeep Cherokee Sport
- Maclaren Grand Tour LX
- Maxi-Cosi Loola
- Trends for Kids Joggster X City
- Walkabye Terrani

Watch our video to see how we detected the pinch points, and read the stroller reviews, at goodhousekeeping.com/strollers.



Sharon Franke, GHRI kitchen appliances & technology director

ASK OUR EXPERT

Q Using the self-cleaning option on my oven makes me nervous. What should I know before I do it?

A: Relax—the only real danger is that it may not smell great. Self-cleaning cycles range from two to five hours, during which time the oven temperature climbs to upwards of 850°F—but the oven door locks and won't unlock until the cycle is finished and the temp drops. We recommend self-cleaning when the oven is dirty but not totally black, since the more grime there is, the smokier it will be (a ventilation fan can help, but isn't necessary, since the smoke won't billow out). There's no need to worry that you'll damage adjacent cabinets unless you have inexpensive laminate ones (in which case you might want to skip the self-clean).

Before you start, read the range's manual for prepping instructions. (Can't find it? Check the manufacturer's website.)



Photographs, clockwise from left: PHILIP FRIEDMAN/STUDIO D (5); istockphoto.

VITALICIOUS®

NEW!

Maximum Nutrition and Pleasure for Minimum Calories™

THE FIRST **150-CALORIE** EGG'N'CHEESE SANDWICH

From the brand you love and trust



Choose from:



Simply Egg'N'Cheese

Egg'N'Cheese with Veggies

Available in the Frozen Breakfast Section of select retailers. Please visit **www.vitasandwich.com** *to find a store near you.*

Maximum Pleasure.
Maximum Nutrition.
Minimum Calories.™



We Vitalicialized™ the Egg'N'Cheese Sandwich so you can connect to the joy of your childhood and share it with your children too.

How did we make it both Vital and Delicious?

First, we freed the sandwich from excess calories, fat, sodium, cholesterol and all artificial preservatives. Then, we made sure to include lots of nutrients so you get pleasure and guiltless satisfaction from each bite…

FOR MORE INFO, VISIT **WWW.VITASANDWICH.COM** OR CALL TOLL FREE **877-848-2877**

SPECIAL
IS PUTTING IT MILDLY



MILDLY SWEET,
MILDLY DARK AND
OVERLY DELICIOUS.

PURE HERSHEY'S®

©2010 The Hershey Company



Photograph by Bounce/UpperCut Images/Getty Images

"Where *Are* My Keys?!"

If misplacing things (and the panic attack that follows) is a regular part of your life, here's a fresh look at the problem—and some solid solutions

By Dominique Browning

We've all been there. Racing around to get out of the house in time for the most important meeting of the month (if not a lifetime) and...*Where is that other shoe? Where are the house keys? Where is my cell phone? What did I do with the notes I spent hours writing last night?*

Why are we always losing—or, if you prefer, misplacing—the very things we depend on in the most mundane ways? And why do we let our absentmindedness carry us to the brink of panic? To compound the problem, once you think of yourself as the kind of person who is scattered, you begin to expect you will lose things. Such anticipation has serious consequences, which would be hilarious if they weren't so devastating to your self-esteem. My worst moment along these lines happened a couple of summers ago. I'd recently lost my job and had moved to a house on the coast of Rhode Island. I was trying to recover from the psychological impact of losing my livelihood and having to set myself up in a new career.

I was in the garden, getting some fragile plants into the ground before a storm, digging holes, spreading compost, trying to find the trowel I had put down in another bed, trying to remember what was in the fridge that might pass for dinner, worrying about whether my son was OK out on his →

surfboard as the wind was coming up.... On top of it all, while I was tromping through the shrubs, poking around in the mulch for the lost trowel, I was talking on the phone with an old and dear friend, describing to my sympathetic listener the mayhem in my mind over everything about my life at that particular moment. "And the worst thing is, I can't find my cell phone!" By then I was wailing at a fevered pitch. "What am I going to do without it? My life depends on it! I don't have a landline anymore! If I lose it, I lose my only connection to the outside world!"

My friend was quiet for a long moment before she said, "So...what are you calling me on?"

The cell phone incident reminds me of that iconic seventies pop art painting in which the comic-book blond has a bubble over her head saying, "I can't believe I forgot to have



children...." Well, I *can* believe I have reached the stage when it seems there's nothing I can't forget, misplace, or lose. You'd think that I would now announce to you that the "lost cell phone" incident rang in a turning point in my life. Sorry. I shudder to think how often since then I've misplaced it, though I have not again lost it in as insanely obvious a place as my own hand. I have, however, begun to learn a few things about the art of finding since that distracted summer. My research has led me to offer several approaches to the "Wherever could I have put it?" problem.

Michael Solomon, a self-described "findologist" (who knew?) based in Baltimore, has written an entire book on the matter, *How to Find Lost Objects,* and he lays out soothingly commonsensical tips that do work. One such gem is "Tail thyself"—retrace the steps leading up to the loss. Audrey Mancuso, of Peabody, MA, says she goes so far as to put her path into print: "When I lose something, I sit down with a piece of paper and backtrack through everything I did. I write down every little thing. I take my time; I don't panic, because I am busy concentrating. I then retrace my steps. It works every time; I find whatever I lost."

"Curiously, it is possible to look directly at a lost object and not see it," one finding pro says

Also be on alert for the camouflage effect, says Solomon: The item you seek is nearby, just hidden from view. Of course, it sounds completely obvious, but how many times have I scoured the dining table and front hall for my keys only to find that they are sitting under the pile of mail I brought in and dumped on the kitchen counter?

Another piece of advice from Solomon: "The lost item is where it is supposed to be." Once I thought about it, this last bit of wisdom led me to undertake a thorough analysis of what I kept losing—the small things I normally carry in my handbag but use at home as well: tube of hand cream, keys, that pesky cell phone. Then I pondered where, exactly, these things were "supposed to be." That was not so clear. I decided to create a small shrine for losable items in the form of an attractive bowl on a table in the front hall, and I began to train myself to always put things into that bowl when I came home.

This, I soon realized, was merely a variation on a contraption that has stood in my father's bedroom as long as I can remember—a clothes valet. It used to fascinate me as a child; it had broad mahogany shoulders to hold his suit jacket, a rack for his pants, a lower shelf for his shoes, and a long bowl across the top for loose change—and keys! When my father was out during the day, it was as if his skeleton stayed behind, patiently awaiting his return. I developed a reverence for my father's homecoming ritual of emptying his pockets and hanging his jacket. He has used the thing his entire life. That clothes valet stands for order—so why did I never think to adopt one myself (or, at least, not until now)?

One of my favorite search tips from Solomon is "Look once, look well." I have frequently looked for something five or six times in the same place, riffling through the same stack of bills for a receipt, upending the contents of a drawer looking for a prescribed medication. That's because I have been careless. Instead of ransacking the room, Solomon recommends carefully turning over each slip of paper, lifting every book—doing a thorough search the first time around. Which makes perfect sense, although when I've launched a full-out search in the past, I've too often been distracted by the voices of unreason

Photographs by Veer (2)

Three quick FIND-IT tricks

1 CAN'T FIND SOMETHING (like a Christmas gift) you stashed "somewhere safe"? It's probably above eye level and in the dark. Check closets, the top of the fridge, a shelf in the basement.

2 CAN'T FIND YOUR KEYS—AGAIN? Make an extra set or two and keep them in a designated place for those times you must leave the house ASAP.

3 CAN'T FIND EARRINGS OR A FAVORITE MOISTURIZER? Check your suitcase, a sinkhole for lost items because they might not have been unpacked after a trip.

howling in my brain—*I know it's in here somewhere...how could I have lost it again?...what is my problem?...am I becoming demented?*

On that subject, everyone I know who forgets something blames it on aging. I did, too, until recently, when my sister pointed out that I'd always been forgetful. She was right; I suddenly remembered how many times I have gone from one room to another to retrieve a book or—*What was I looking for? Why did I come in here? What is it I need?*

This shocking sort of mind-melt has been happening to me since I was a child; but it obviously has gotten worse with the addition of all the grown-up worries I've taken on—having my own children didn't exactly lighten the load on my brain's circuitry. Solomon is sympathetic. In general, he advises, you must first collect your wits. "Don't look for the lost item," he says. "That is to say, don't look for it *yet*. Wait until you are in the proper frame of mind." It goes without saying—or does it?—that part of the reason we lose things is that we're not in the proper frame of mind to begin with—that is, we're not paying attention to what we're doing.

When we're multitasking (a skill the world seems to celebrate, especially in women), we're doing a bit of everything, and perhaps not doing anything quite right. When we put something down and forget about it, we are, literally, losing our minds—and anyone who has experienced →





the pulse-racing, palm-sweating, heart-pounding anxiety of losing the cell phone knows exactly what I'm talking about. It's important to calm down and realize, as Solomon says, "You're looking right at it." (No kidding—or, in the case of my phone, holding it in my hand.) "Curiously, it is possible to look directly at a lost object and not see it," he explains. "We become so agitated we don't perceive what's right in front of us. So calm down."

Refuse to allow your mind to race: Breathe deeply for five minutes. Make—and drink—a cup of tea. Call a friend. Do a crossword puzzle. Recite some soothing words. A Catholic acquaintance calms herself by talking to Saint Anthony, the patron saint of lost things: "Tony, Tony, look around. Something lost must be found," she repeats, rather than holding herself responsible for the search. She claims it works every time; the item reappears once she is no longer madly hunting for it.

Advice about how to conduct systematic searches is always useful, but if you are chronically misplacing things, you might try a deeper consideration of the root causes of the problem.

Ellen Langer, Ph.D., a professor in the psychology department of Harvard University, has written four books about the consequences of mindlessness—people's tendency to operate on autopilot—and its corrective counterpart, mindfulness. "Misplacing keys may be a good thing—if it reveals our mindlessness to us," Langer told me recently.

At its dark heart, mindlessness has to do with not being fully in the moment: We tune out and do not pay attention to what we're doing. A friend of mine described finding a misplaced passport for her frantic and fuming husband just moments before he had to leave to catch a plane. She walked right up to a shelf that he'd (supposedly) scoured and put a hand on it in seconds. "He couldn't see the forest for the seethes," as she put it, which perfectly captures the mental derangement brought on by the panic of not being able to locate something.

"When we recognize that we can't be sure of virtually anything, when we don't simply go through the motions, we naturally stay tuned in," says Langer.

Once she put it that way, something clicked. I began to consider how constantly losing stuff might indicate that something deeper was amiss with the way I was living. I was, literally, scattered. Grace Whatley of Birmingham, AL, agrees: "I'd like to attribute losing things to my being overloaded, but it happens even on days

when not much is going on except that I dawdled too long or am running late. That is when I lose things, and it is one of the most maddening situations in the world."

"Don't look for the lost item—not yet. Wait until you are in the proper frame of mind"

Short of months of therapy, are there ways to cultivate mindfulness and stop leaving a trail of misplaced items in our wake? "It is surprisingly easy to train yourself," Langer explains. "All you have to do is notice new things. That's it. Walk out your front door and notice something around you. Look at your spouse, a close friend, or a colleague, and notice new things about him or her. Doing so puts you in the present and makes you aware that you didn't know things as well as you thought you did. That uncertainty keeps you attentive." (Granted, this is hard to pull off when you are late for work or to pick up your child at soccer practice, but that's the whole point: to force yourself to unplug from autopilot so you are more conscious of your actions, if only for a moment.)

While this isn't the technique that will help you locate that missing passport in the next five minutes, it might be a clever way of teaching you how not to lose it in the first place.

I'm no longer as enamored of multitasking as I once was. It's actually too easy, and perilous. That "misplaced" cell phone I found in my hand did, finally, send me a wake-up call. I've been pondering, and practicing, a profound notion: monotasking. Sometimes, it is the simplest ideas, like Langer's, that are the most radical and have the most significant impact on your life. I am no longer beating myself up for absentmindedness; instead, I'm trying to act more deliberately and notice when I've tuned out. But I give myself credit for one act of mindfulness: At least I didn't forget to have children. ■

Dominique Browning is a gardener and author. Her latest book is Slow Love.





Ask Peggy

By Peggy Post

Pet Peeve

Q I get so grossed out by the state of the bathroom at work—the clogged toilets and wads of paper towels on the floor. Should I put up a sign asking people to be neater?

Check in with your supervisor or office manager and say you're wondering if the bathroom cleaning service needs to come more often; you've noticed it gets quite messy. This way, the proper person can either work with the cleaning service or handle the matter appropriately with the staff. And if you see a coworker toss something on the floor, it's fine to say, "Oops! Hey, Jill, it looks like you missed the trash can!"



Q My sister's new boyfriend is loud, tells off-color jokes—and is coming to our Thanksgiving dinner this year. What's the best way to handle him?

Chat with your sister ahead of time. Say, "I'm happy you and Dan are coming for Thanksgiving, but can you talk to him about toning down the jokes? They cross the line." If that doesn't do the trick and he mouths off at the table, either take him aside and say, "I appreciate that you have a sense of humor, but your jokes are making some of us uncomfortable. Can you please stop?" or, at the table, simply cut him off with, "Enough about that! Who do you think will win tonight's game?"

WHAT WOULD YOU DO?

Should you cancel a connection?

You recently got divorced, and are still in a lot of pain over it. Do you unfriend your ex's pals and relatives on Facebook?



Yes

"Do unfriend his pals and family. Facebook is for *your* friends only!" Laura Abernethy, 58, AL



No

"Don't burn too many bridges; you may want them later on." Garrett Schreeder, 32, FL



No

"It is a pretty drastic move to cut people out of your life—virtually or otherwise!" Leslie Golden, 28, NY

PEGGY SAYS It's OK, but unfriending someone is so definitive. It's too soon to know what you'll want to do down the road, so either don't log on for a bit or filter out your ex's contacts by clicking the "hide" option for them for now (they won't know you're doing so).

Pop Quiz

Q Your daughter, 10, has a pal who's always at your house for playdates. Your child is never invited to her home, so you:

- **A** Do nothing; let the kids make the plans
- **B** Tell the friend's mom it's her turn to host next
- **C** Avoid future playdates at your house; the other mom will get the hint

THE RIGHT CALL

(A); I don't advise keeping score. The kids probably choose your house because it's closer to school or has "better" toys. But chat up the other mom when she picks up her child, to gain insight; perhaps her work schedule makes it hard to reciprocate. ■

Get answers to your etiquette questions at goodhousekeeping.com/peggy

Photographs, from left: Peter Dazeley/Getty Images; courtesy of Laura Abernethy; courtesy of Garrett Schreeder; courtesy of Leslie Golden; SQUIRE FOX.

SPECIAL SECTION

Holiday Helpers

Ring in the season with great gifts, festive decorating, and fun food that will keep the jingle in your pocket



Photograph © Loupe Images/Jo Taylor

WHAT'S INSIDE

- **Party Perfect** These easy ideas will help you plan a fun and festive fete—without spending a fortune
- **Sparkle This Season** Add a little bling to your holiday style with pretty (but not pricey) accents
- **Celebration Starters** Be a stressless host thanks to a menu that includes these super-simple appetizers

Party Perfect

Great gatherings don't have to break the bank. Here's how to host a spectacular soiree—on a shoestring budget

This time of year is festive and fun—but if you're the host, it can quickly become hectic and harried. To help you have a stylish season sans all the stress, entertaining expert and TV personality Robert Verdi (who currently plans events for the Ecco Domani Fashion Foundation) shares his strategies here. His best breathe-easy idea: "Plan ahead, even when it comes to the little things." You'll enjoy the party more if you're organized—and won't bust your budget on last-minute extras. When it comes to decking your halls, use familiar things in unexpected ways for an elegant but inexpensive effect.



Set the Mood

To add the warm glow of candlelight, Verdi suggests making your own votives by setting tealight candles in small vintage glasses—pretty flea market finds are perfect candidates

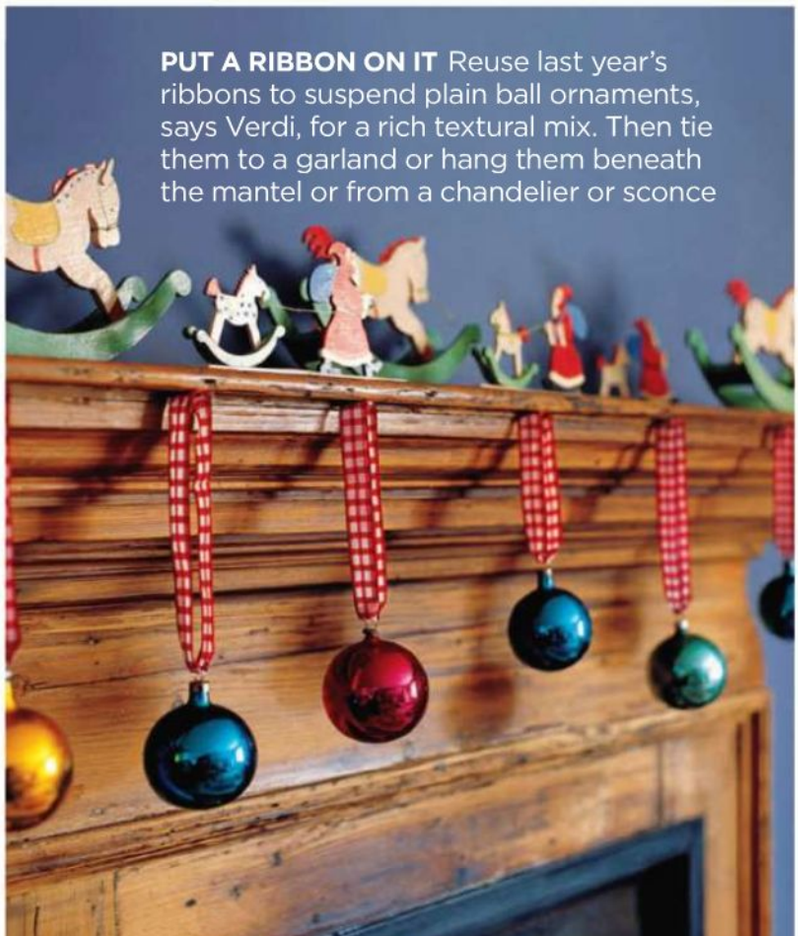
MAKE EVERY SEAT A TREAT Customized place cards make each guest feel like a VIP. Personalized gingerbread ornaments are fun to make with the kids, and offer a lasting reminder of the celebration





Shop Your Pantry

Don't head to a department store for holiday decor—just browse your own kitchen. A bowl brimming with seasonal bounty like dried fruit, cinnamon sticks, and nuts makes a striking and fragrant centerpiece



PUT A RIBBON ON IT Reuse last year's ribbons to suspend plain ball ornaments, says Verdi, for a rich textural mix. Then tie them to a garland or hang them beneath the mantel or from a chandelier or sconce



STOCK UP Cocktail napkins are one of those things you only remember when you run out, says Verdi. So buy plenty (load up for next year at post-holiday sales)

Photograph, previous page, by GAP Interiors/Nick Carter. Photographs, this page, clockwise from top left: Annika Vannerus/Getty Images; Tim Winter/Ideal Home/IPC + Syndication; James Baigrie/Getty Images; © Loupe Images/Jo Taylor.





GOLDEN TOUCH
This party-perfect statement necklace mixes strands of pearls, faux diamonds, gold chain, and beads ($18, amiclubwear.com)

Sparkle This Season

These pretty (not pricey!) accents will help you glow this holiday

SHADOW PLAY
Thanks to reflective "pearls" mixed into the pigment, Almay's shadow trio will make your eyes shine ($7.50, Walmart)

GILTY PLEASURE
Treat your fingers and toes to a Midas-worthy golden glow with Orly Foil FX nail polish ($7.50, Sally Beauty)





IN BLOOM
This bold beauty of an oversize pin is the perfect way to reinvent last year's little black dress ($40, fantasyjewelrybox.com)



TOP SCORE
No necklace required when you slip on this bejeweled top—it's a fuss-free fix for "what to wear?" woes ($50, T.J. Maxx)

Photographs by PETER ROSA/STUDIO D, styling by Miako Katoh.



BRONZE AGE
Put on your party face—fast—with a swipe of metallic shadow. Shown: Creamy Crystal Eyez eye color in Glamorously Glittering ($6.50, CVS)

BAG IT
Chic, shiny, and elegant, this soft gold purse with slim, neat pleats will hold all your night-on-the-town essentials ($20, JCPenney)

SHINE ON
These delicate earrings bring on the bling with bursts of sparkling, multifaceted stones ($26, jennifer elizabeth.com)

THAT'S A WRAP
Cozy up in this winter-white shawl, shot through with silver threads that'll shimmer in the candlelight ($15, T.J. Maxx)

STEP LIVELY
Pretty peep-toes covered in antiqued gold rosettes add a romantic touch to an evening out ($50, chineselaundry.com)

Celebration Starters

Company coming? These fast and fun appetizers make entertaining easy

Warm Crab Dip

Total time 12 minutes
Makes about 4 cups

- 1 lb. lump crabmeat
- ½ c. butter (1 stick), cut up
- 2 pkgs. (8 oz. each) reduced-fat cream cheese (Neufchâtel), cut up
- ¼ tsp. cayenne (ground red pepper)
- 1 green onion, thinly sliced
- Toasted bread rounds or crackers for serving

1. Pick through crabmeat to remove any pieces of shell or cartilage, making sure not to break up large pieces of meat.
2. In 3-quart saucepan, heat butter, cream cheese, and cayenne on medium-low 6 minutes or until mixture is warm and creamy, stirring constantly. Add crabmeat and gently stir just until heated through, about 2 minutes longer.
3. Transfer dip to mini slow cooker or fondue pot to keep warm, or transfer to serving bowl. Sprinkle with green onion; serve with toasted bread or crackers.

EACH TABLESPOON About 40 calories, 2 g protein, 0 g carbohydrate, 3 g total fat (2 g saturated), 0 g fiber, 17 mg cholesterol, 65 mg sodium.

Photograph by Antonis Achilleos



Cranberry-Fig Conserve with Brie

Active time 10 minutes
Total time 20 minutes plus chilling
Makes 24 appetizer servings

- ⅔ c. packed brown sugar
- ⅔ c. water
- ¼ c. brandy
- 1 lemon
- 1 bag (12 oz.) cranberries (3 c.), picked over
- 8 oz. dried figs, stems trimmed and each cut into eighths
- 1 jalapeño chile with seeds, chopped
- 1 wheel (6- to 7-in. diameter) or one 1-lb. wedge ripe Brie cheese
- 1 loaf French bread (optional), sliced

1. In 2-quart saucepan, heat brown sugar, water, and brandy to boiling on high; boil 2 minutes. Meanwhile, from lemon, grate 1 teaspoon peel and squeeze 2 tablespoons juice.

2. Add cranberries, figs, jalapeño, and lemon peel and juice to saucepan; heat to boiling, stirring frequently. Reduce heat to medium and cook, uncovered, 5 minutes or until most cranberries pop and mixture thickens slightly, stirring occasionally. Cover and refrigerate at least 3 hours or up to 1 week.

3. About 1 hour before serving, remove Brie and conserve from refrigerator; let stand at room temperature to warm slightly. To serve, spoon some conserve over Brie if you like; serve with bread, if desired. Spoon remaining conserve into small serving bowl.

EACH SERVING WITHOUT BREAD About 120 calories, 4 g protein, 14 g carbohydrate, 5 g total fat (3 g saturated), 2 g fiber, 19 mg cholesterol, 120 mg sodium.

Photograph by Mark Thomas

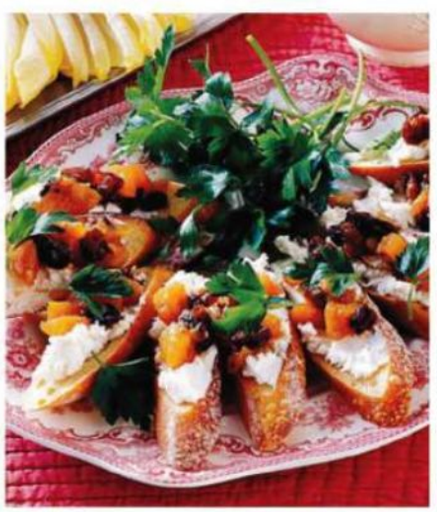
Pear Chutney & Goat Cheese Bruschetta

Total time 45 minutes
Makes 32 bruschetta

- 1 long loaf (8 to 9 oz.) French bread
- 4 lg. firm ripe Bosc or Anjou pears
- ⅓ c. packed brown sugar
- ⅓ c. dark raisins, chopped
- ⅓ c. cider vinegar
- 2 tsp. grated peeled fresh ginger
- ½ tsp. Chinese five-spice powder
- Salt
- 1 log (10 oz.) goat cheese, softened
- Flat-leaf parsley leaves for garnish

1. Preheat oven to 350°F. Slice bread diagonally into 32 scant ½-in. slices; place on 2 cookie sheets. Toast 10 minutes or until dry, turning over once. Transfer to wire racks to cool.
2. Meanwhile, prepare chutney: Peel and core pears; cut into ½-in. pieces. In nonstick 12-in. skillet, cook pears, sugar, raisins, vinegar, ginger, five-spice powder, and ¼ teaspoon salt on medium 25 to 30 minutes or until liquid evaporates and sugar caramelizes, stirring frequently during last 10 minutes. Mixture will be very thick and dark brown. Let cool.
3. Spread 1 teaspoon goat cheese evenly on each toast. Top with 1 scant tablespoon chutney and 1 parsley leaf.

EACH BRUSCHETTA About 70 calories, 3 g protein, 11 g carbohydrate, 2 g total fat (1 g saturated), 1 g fiber, 4 mg cholesterol, 95 mg sodium.





Red Pepper & Sun-Dried Tomato Dip

Active time 10 minutes
Total time 30 minutes
Makes 1½ cups

ReciTip Although pre-roasted peppers are available in jars, for this recipe we prefer the fresher flavor of our homemade version.

- 1 lb. red peppers (about 2 lg.)
- 8 sun-dried tomato halves in oil, drained
- 2 Tbsp. capers, drained
- 2 tsp. fresh lemon juice
- 1 sm. clove garlic, crushed with press
- Salt and pepper
- 2 Tbsp. extra virgin olive oil
- ¼ c. loosely packed fresh flat-leaf parsley leaves
- Toasted pita wedges, Belgian endive leaves, and assorted vegetables for dipping

1. Arrange oven rack 5 to 6 inches from heat source. Preheat broiler. Line broiling pan (without rack) with foil. Cut each pepper lengthwise in half; remove and discard stems and seeds. Arrange peppers, cut sides down, in prepared pan. With hand, flatten each pepper half. Place pan in oven; broil peppers, without turning, until skins are charred and blistered, 10 to 15 minutes. Wrap foil around peppers and allow to steam at room temperature until peppers are cool enough to handle.
2. Remove peppers from foil. Peel off skins and discard. Cut peppers into large pieces.
3. In food processor with knife blade attached, pulse peppers, tomatoes, capers, lemon juice, garlic, ½ teaspoon salt, and ¼ teaspoon freshly ground black pepper until all ingredients are finely chopped. With processor running, gradually add oil through feed tube until mixture is smooth. Add parsley; pulse just to blend.
4. Spoon dip into serving bowl. If not serving right away, cover and refrigerate up to 2 days. Serve with pita wedges, endive, and vegetables.

EACH TABLESPOON About 15 calories, 0 g protein, 1 g carbohydrate, 1 g total fat (0 g saturated), 0 g fiber, 0 mg cholesterol, 75 mg sodium.

Photographs, from left: Alan Richardson; Sang An.

FESTIVE *eats*

'TIS THE SEASON

Pick up these festive products and let the joyous celebration begin!



McCORMICK® TURKEY GRAVY

Top off your holiday meal with homemade gravy that keeps your family reaching for more. With perfectly blended premium herbs and spices, it's easy to make McCormick® Perfect Turkey Gravy in minutes. Rich, delicious and steeped in holiday tradition, this gravy makes the holiday. For great-tasting holiday recipes visit **mccormick.com/perfectturkeygravy.**



EGGLAND'S BEST

Announcing some *eggciting* news: Eggland's Best now provides even better nutrition compared to ordinary eggs. EB's deliver higher levels of important nutrients like vitamins A, D, and E along with lower levels of saturated fat and cholesterol. All this, combined with their delicious, farm-fresh taste, is why Eggland's Best continues to stand for the very best in Taste and Nutrition. **www.Egglandsbest.com**



NESTLE TOLL HOUSE®

Bake some love this holiday season with Nestle Toll House® morsels and refrigerated cookie dough. For more recipes, gifting ideas, and baking activities visit **TOLLHOUSE.com**



RONZONI® SMART TASTE®

Smart eating and great taste go together. Ronzoni® Smart Taste® looks, cooks, and tastes just like regular white pasta. Plus it's an excellent source of calcium, vitamin D and fiber. Now you can give your family the white pasta taste they love plus nutrients to build strong, healthy bones. Visit **www.ronzonismarttaste.com** for a money saving coupon.

FESTIVE *eats*



HERSHEY®'S SPECIAL DARK® DARK CHOCOLATE BAR

Mildly sweet, mildly dark and overly delicious. Enjoy a simple moment of pure chocolate happiness with the perfectly balanced rich dark chocolate taste of HERSHEY®'S SPECIAL DARK® Chocolate. PURE HAPPINESS. PURE HERSHEY'S™. Visit **www.hersheys.com**.

california almonds®
Almond Board of California

CALIFORNIA ALMONDS

Almonds are a simple, tasty choice that can make a big difference in your favorite dishes and snacks. Visit AlmondBoard.com to explore hundreds of tempting recipes, nutrition information, snacking tips and more. **AlmondBoard.com**



LAND O'LAKES® HALF & HALF

Its simple, natural ingredients make a more delicious cup of coffee. That's why LAND O LAKES® Half & Half–made with all natural milk and cream–is the perfect complement to your morning cup of coffee. **landolakes.com**

Quick Cook™ 3 minute



QUICK COOK™

A home-cooked family dinner is easier than you think. Quick Cook™ tastes just like regular pasta, but cooks in only three minutes. A delicious dinner has never been so fast. Visit **www.quickcookpasta.com** for a money saving coupon.

'TIS THE SEASON

FESTIVE *health & beauty*



MAXIMUM STRENGTH MUCINEX® DM

For fast, long-lasting relief, tell mucus to take a hike. When mucus causes coughing and chest congestion, it can make you feel miserable. Only Maximum Strength Mucinex® DM breaks up mucus and quiets coughing to give you 12 hours of long-lasting relief.*

www.mucinex.com

Use as directed.

* Among OTC products, per dose.



NEW! SUAVE NATURALS® BODY LOTIONS AVAILABLE IN MANGO MANDARIN, WILD CHERRY BLOSSOM AND LAVENDER VANILLA

NEW! Suave Naturals® Body Lotions have been created with a unique, silky smooth formula so they glide on easily and absorb quickly. They smell just as amazing as Bath & Body Works® body lotions at a much softer price. **suave.com/body-care/body-lotion**



POND'S® NEW MORNING REFRESH & EVENING SOOTHE™ TOWELETTES

The best towelette just got better. Now refresh and soothe your skin with a towelette that cleans better than any other leading brand. Morning Refresh polishes away dullness with exfoliating microbeads while invigorating the senses with citrus and cucumber. Evening Soothe™ gently lifts away make-up and impurities while soothing the senses with chamomile and white tea. **www.ponds.com**



RoC® RETINOL CORREXION®

Advanced RoC® RETINOL enhances skin's ability to renew itself revealing new, younger looking skin as it complement's skin's collagen production. In a clinical study, RoC® RETINOL CORREXION® Night Cream was up to 7x more effective than an anti-aging treatment from another leading brand. **Rocskincare.com**

FESTIVE *health & beauty*



OXICLEAN® MAX FORCE® GEL STICK

Stick it to laundry stains with OxiClean® Max Force® Gel Stick! The thick gel formula and stain grabbing applicator work deep into fibers to get those tough stains out! For more information visit **www.OxiClean.com.**



BREATHE RIGHT® NASAL STRIPS

Don't let nighttime nasal congestion get in between you and your sleep. Breathe Right® Nasal Strips lift and open your nose to relieve nasal congestion instantly. Take a stand. It's your right to Breathe Right. Get 2 free strips at **breatheright.com.**



VASELINE® INTENSIVE RESCUE®

Vaseline® Intensive Rescue® is a line of therapeutic body lotions designed to heal dry skin without feeling greasy or sticky. The line includes Repairing Moisture, Soothing Moisture and Clinical Therapy, each designed to accelerate skin's healing process by tripling moisture reserves. **Dryskinrescue.com**



MIDNITE® SLEEP REMEDY

The only sleep remedy made to take anytime, wake alert! And it's natural! Take MidNite or MidNite PM before bed or even the middle of the night, wake without grogginess. The #1 drug free sleep aid is available in retailers everywhere. **midnitesleep.com**

'TIS THE SEASON



JERGENS® ULTRA HEALING® EXTRA DRY SKIN MOISTURIZER

Get double relief from dry, winter skin with Jergens® Ultra Healing® Extra Dry Skin Moisturizer. Made with Vitamin 3, a blend of C, E and B5, this moisturizer penetrates through five layers of skin's surface to start healing at the source and stays locked into skin's most critical layers for 24 hours. **www.jergens.com**



DOVE® HAIR CARE DAILY TREATMENT CONDITIONERS

NEW Dove Daily Treatment Conditioner provides the nourishment of a treatment, in the time it takes to condition your hair for instant smoothness. It repairs surface damage to restore softness and smoothness and it even helps repair damage inside the hair fiber. Weightless formula will not weigh hair down. **www.dove.us/#/haircare/free_sample.aspx**



ARM & HAMMER® SPINBRUSH®

Just in time for the holidays, ARM & HAMMER® Spinbrush® battery-powered toothbrushes make great stocking stuffers for the whole family and remove up to 70% more plaque* than a manual brush. Visit **Spinbrush.com** for great savings!

* In hard-to-reach places vs. a manual brush. Data on file.

©Church & Dwight Co., Inc. 2010. All rights reserved. Spinbrush and ARM & HAMMER are registered trademarks of Church & Dwight Co., Inc.



MEGARED® OMEGA-3 KRILL OIL

MegaRed® Omega-3 Krill Oil is the superior omega-3 source that supports heart health. Unlike typical fish oil, MegaRed® Omega-3 Krill Oil has no fishy aftertaste and you just need to take one small, easy-to-swallow softgel per day. **www.SchiffMegaRed.com**

FESTIVE *family*



TENA

Trade up to underwear that gives you more: new Super Plus Underwear from TENA. With cottony-soft fabric, a secure cut and fit and now, 40% more absorbent, it's the next evolution of bladder protection. Go to **www.TENA.us** for a free sample.



LYSOL® HEALTHY TOUCH™

LYSOL® Healthy Touch™ No-Touch Hand Soap System is a fun way to help teach kids to wash their hands more often. The No-Touch dispenser automatically senses hands, dispenses just the right amount of soap, plus it is enriched with moisturizing ingredients. The LYSOL No-Touch Hand Soap kills 99.9% of bacteria including MRSA, E. coli, Staph and Strep.

www.lysol.com



RIDERS® BY LEE® INSTANTLY SLIMMING JEANS

Want to know the real secret to looking great? Riders® by Lee® and style expert Stacy London make it easy, wear what fits and flatters. Try Slender Stretch™ and the New Relaxed Fit. The slimming stretch denim holds its shape all day–They Instantly Slim You. **www.ridersbylee.com**



LEGO® GAMES

Create and customize with NEW LEGO® Games! Delivering great value, LEGO® Games takes the experience you know and love from LEGO® to new heights. Enjoy an exciting new way of spending fun, quality time with family and friends that's ever-changing! **games.LEGO.com**

'TIS THE SEASON

FESTIVE *entertaining*



VANITY FAIR® NAPKINS

Vanity Fair everyday napkins are wonderfully soft, amazingly strong and a great value for the money. They add a little special touch to any meal.
vanityfairnapkins.com

© 2010 Georgia-Pacific Consumer Products LP. All rights reserved. VANITY FAIR and the Shell Emboss are registered trademarks of Georgia-Pacific Consumer Products LP.



MAXWELL HOUSE

Be good for goodness sake. Maxwell House custom roasts each bean, giving you a rich, flavorful cup of coffee, for a richer, more flavorful holiday. Maxwell House, Be Good to the Last Drop. **www.maxwellhouse.com**



WISK®

NEW Wisk® is going to change the way you look at stains forever. Its Stain Spectrum™ Technology targets a full range of stains on a molecular level. Check out NEW Wisk® today!
Fight Stains with Science™
Learn more at Wisk.com



QUILTED NORTHERN SOFT & STRONG®

New Quilted Northern Soft & Strong® is now 50% stronger* to help protect against breakthrough. It has the strength you can count on, and it's still soft.
Facebook.com/quiltednorthern

* When Wet

SHOPPING LIST

FESTIVE *eats*

- CALIFORNIA ALMONDS
- EGGLAND'S BEST
- HERSHEY®'S SPECIAL DARK® DARK CHOCOLATE BAR
- LAND O'LAKES® HALF & HALF
- McCORMICK® TURKEY GRAVY
- NESTLE TOLL HOUSE®
- QUICK COOK™
- RONZONI® SMART TASTE®

FESTIVE *health & beauty*

- ARM & HAMMER® SPINBRUSH®
- BREATHE RIGHT® NASAL STRIPS
- DOVE® HAIR CARE DAILY TREATMENT CONDITIONERS
- JERGENS® ULTRA HEALING® EXTRA DRY SKIN MOISTURIZER
- MAXIMUM STRENGTH MUCINEX® DM
- MEGARED® OMEGA-3 KRILL OIL
- MIDNITE® SLEEP REMEDY
- SUAVE NATURALS® BODY LOTIONS
- OXICLEAN® MAX FORCE® GEL STICK
- POND'S® MORNING REFRESH & EVENING SOOTHE™ TOWELETTES
- RoC® RETINOL CORREXION®
- VASELINE® INTENSIVE RESCUE®

FESTIVE *family*

- LEGO® GAMES
- LYSOL® HEALTHY TOUCH™
- RIDERS® BY LEE® INSTANTLY SLIMMING JEANS
- TENA
- WISK®

FESTIVE *entertaining*

- MAXWELL HOUSE
- QUILTED NORTHERN SOFT & STRONG®
- VANITY FAIR® NAPKINS

FESTIVE *home*

- GOODYEAR® ASSURANCE® FUEL MAX®
- OUT! DELUXE TRAINING PADS

FESTIVE *home*



GOODYEAR® ASSURANCE® FUEL MAX®

Goodyear Assurance Fuel Max saved 2,600* miles worth of gas in their tests. Their unique tread compound requires less energy to move so you can get there on less gas. **www.goodyeartires.com**

*2,600 miles based on a 4% fuel-economy improvement, on 65,000 Mile Tread Life Limited Warranty, as compared to the standard Goodyear Assurance tire tested on P195/65R15 size - 2008 Honda Civic. Actual results may vary based on when tires are replaced, driving and road conditions, and proper tire maintenance.



OUT! DELUXE TRAINING PADS

OUT! Deluxe Training Pads are great for puppy housetraining or as a permanent indoor elimination solution for your pet. Learn more at **www.OutPetCare.com.**

'TIS THE SEASON

Pick up these festive products and let the joyous celebration begin!

FESTIVE *family*



LEGO® GAMES

Create and customize with NEW LEGO® Games! Delivering great value, LEGO® Games takes the experience you know and love from LEGO® to new heights. Enjoy an exciting new way of spending fun, quality time with family and friends that's ever-changing! **games.LEGO.com**



LYSOL® HEALTHY TOUCH™

LYSOL® Healthy Touch™ No-Touch Hand Soap System is a fun way to help teach kids to wash their hands more often. The No-Touch dispenser automatically senses hands, dispenses just the right amount of soap, plus it is enriched with moisturizing ingredients. The LYSOL No-Touch Hand Soap kills 99.9% of bacteria including MRSA, E. coli, Staph and Strep. **www.lysol.com**





RIDERS® BY LEE® INSTANTLY SLIMMING JEANS

Want to know the real secret to looking great? Riders® by Lee® and style expert Stacy London make it easy, wear what fits and flatters. Try Slender Stretch™ and the New Relaxed Fit. The slimming stretch denim holds its shape all day—They Instantly Slim You. **www.ridersbylee.com**



TENA

Trade up to underwear that gives you more: new Super Plus Underwear from TENA. With cottony-soft fabric, a secure cut and fit and now, 40% more absorbent, it's the next evolution of bladder protection. Go to **www.TENA.us** for a free sample.



WISK®

NEW Wisk® is going to change the way you look at stains forever. Its Stain Spectrum™ Technology targets a full range of stains on a molecular level. Check out NEW Wisk® today! *Fight Stains with Science*™ **Learn more at Wisk.com**

VISIT GOODHOUSEKEEPING.COM /WIN FOR A CHANCE TO WIN A $2,500 CASH PRIZE TO PAY OFF YOUR HOLIDAY BILLS!

FESTIVE *health & beauty*



MAXIMUM STRENGTH MUCINEX® DM

For fast, long-lasting relief, tell mucus to take a hike. When mucus causes coughing and chest congestion, it can make you feel miserable. Only Maximum Strength Mucinex® DM breaks up mucus and quiets coughing to give you 12 hours of long-lasting relief.* **www.mucinex.com**

Use as directed.

* Among OTC products, per dose.



NEW! SUAVE NATURALS® BODY LOTIONS AVAILABLE IN MANGO MANDARIN, WILD CHERRY BLOSSOM AND LAVENDER VANILLA

NEW! Suave Naturals® Body Lotions have been created with a unique, silky smooth formula so they glide on easily and absorb quickly. They smell just as amazing as Bath & Body Works® body lotions at a much softer price. **suave.com/body-care/body-lotion**



RoC® RETINOL CORREXION®

Advanced RoC® RETINOL enhances skin's ability to renew itself revealing new, younger looking skin as it complement's skin's collagen production. In a clinical study, RoC® RETINOL CORREXION® Night Cream was up to 7x more effective than an anti-aging treatment from another leading brand. **Rocskincare.com**



POND'S® NEW MORNING REFRESH & EVENING SOOTHE™ TOWELETTES

The best towelette just got better. Now refresh and soothe your skin with a towelette that cleans better than any other leading brand. Morning Refresh polishes away dullness with exfoliating microbeads while invigorating the senses with citrus and cucumber. Evening Soothe™ gently lifts away make-up and impurities while soothing the senses with chamomile and white tea. **www.ponds.com**



OXICLEAN® MAX FORCE® GEL STICK

Stick it to laundry stains with OxiClean® Max Force® Gel Stick! The thick gel formula and stain grabbing applicator work deep into fibers to get those tough stains out! For more information visit **www.OxiClean.com.**



BREATHE RIGHT® NASAL STRIPS

Don't let nighttime nasal congestion get in between you and your sleep. Breathe Right® Nasal Strips lift and open your nose to relieve nasal congestion instantly. Take a stand. It's your right to Breathe Right. Get 2 free strips at **breatheright.com.**



MEGARED® OMEGA-3 KRILL OIL

MegaRed® Omega-3 Krill Oil is the superior omega-3 source that supports heart health. Unlike typical fish oil, MegaRed® Omega-3 Krill Oil has no fishy aftertaste and you just need to take one small, easy-to-swallow softgel per day. **www.SchiffMegaRed.com**



MIDNITE® SLEEP REMEDY

The only sleep remedy made to take anytime, wake alert! And it's natural! Take MidNite or MidNite PM before bed or even the middle of the night, wake without grogginess. The #1 drug free sleep aid is available in retailers everywhere. **midnitesleep.com**



JERGENS® ULTRA HEALING® EXTRA DRY SKIN MOISTURIZER

Get double relief from dry, winter skin with Jergens® Ultra Healing® Extra Dry Skin Moisturizer. Made with Vitamin 3, a blend of C, E and B5, this moisturizer penetrates through five layers of skin's surface to start healing at the source and stays locked into skin's most critical layers for 24 hours. **www.jergens.com**



DOVE® HAIR CARE DAILY TREATMENT CONDITIONERS

NEW Dove Daily Treatment Conditioner provides the nourishment of a treatment, in the time it takes to condition your hair for instant smoothness. It repairs surface damage to restore softness and smoothness and it even helps repair damage inside the hair fiber. Weightless formula will not weigh hair down. **www.dove.us/#/haircare/free_sample.aspx**



ARM & HAMMER® SPINBRUSH®

Just in time for the holidays, ARM & HAMMER® Spinbrush® battery-powered toothbrushes make great stocking stuffers for the whole family and remove up to 70% more plaque* than a manual brush. Visit **Spinbrush.com** for great savings!

* In hard-to-reach places vs. a manual brush. Data on file.

©Church & Dwight Co., Inc. 2010. All rights reserved. Spinbrush and ARM & HAMMER are registered trademarks of Church & Dwight Co., Inc.



VASELINE® INTENSIVE RESCUE®

Vaseline® Intensive Rescue® is a line of therapeutic body lotions designed to heal dry skin without feeling greasy or sticky. The line includes Repairing Moisture, Soothing Moisture and Clinical Therapy, each designed to accelerate skin's healing process by tripling moisture reserves. **Dryskinrescue.com**

FESTIVE *eats*

'TIS THE SEASON



CINNAMON CRUMB CAKE

Make your family this festive treat. Cinnamon crumb cake—triple-tested for sweet success in the GHRI test kitchen.

ACTIVE TIME 25 minutes | TOTAL TIME 1 hour 15 minutes plus cooling | MAKES 10 servings

Crumb Topping
½ c. pecans, toasted and chopped
⅓ c. packed dark brown sugar
¼ c. all-purpose flour
½ tsp. ground cinnamon
2 Tbsp. butter or margarine, softened

Cake
1½ c. all-purpose flour
1 tsp. baking powder
¼ tsp. baking soda
¾ tsp. salt
¾ c. granulated sugar
4 Tbsp. butter or margarine
1 tsp. vanilla extract
2 lg. eggs
⅔ c. sour cream

1. Prepare Crumb Topping: In small bowl, mix pecans, brown sugar, flour, and cinnamon until well blended. With fingertips, work in butter until mixture resembles marbles.
2. Prepare Cake: Preheat oven to 350°F. Grease 9-in. springform pan; dust with flour. On sheet of waxed paper, mix flour, baking powder, baking soda, and salt until combined.
3. In large bowl, with mixer on medium speed, beat granulated sugar, butter, and vanilla 5 to 6 minutes or until mixture is fluffy, occasionally scraping bowl with rubber spatula. Reduce speed to low; add eggs, 1 at a time, beating well after each addition.
4. With mixer on low speed, add flour mixture alternately with sour cream, beginning and ending with flour mixture, scraping bowl occasionally, until batter is smooth.
5. Pour batter into prepared pan. Sprinkle with crumb topping and gently press into batter. Bake 40 to 45 minutes, until toothpick inserted in center of cake comes out clean. To serve warm: Cool cake in pan on wire rack 15 minutes. With small metal spatula, loosen cake from side of pan and remove, then cool an additional 30 minutes. To serve later: Cool cake completely in pan.



RONZONI® SMART TASTE®

Smart eating and great taste go together. Ronzoni® Smart Taste® looks, cooks, and tastes just like regular white pasta. Plus it's an excellent source of calcium, vitamin D and fiber. Now you can give your family the white pasta taste they love plus nutrients to build strong, healthy bones. Visit **www.ronzonismarttaste.com** for a money saving coupon.



QUICK COOK™

A home-cooked family dinner is easier than you think. Quick Cook™ tastes just like regular pasta, but cooks in only three minutes. A delicious dinner has never been so fast. Visit **www.quickcookpasta.com** for a money saving coupon.



EGGLAND'S BEST

Announcing some *eggciting* news: Eggland's Best now provides even better nutrition compared to ordinary eggs. EB's deliver higher levels of important nutrients like vitamins A, D, and E along with lower levels of saturated fat and cholesterol. All this, combined with their delicious, farm-fresh taste, is why Eggland's Best continues to stand for the very best in Taste and Nutrition. **www.Egglandsbest.com**



McCORMICK® TURKEY GRAVY

Top off your holiday meal with homemade gravy that keeps your family reaching for more. With perfectly blended premium herbs and spices, it's easy to make McCormick® Perfect Turkey Gravy in minutes. Rich, delicious and steeped in holiday tradition, this gravy makes the holiday. For great-tasting holiday recipes visit **mccormick.com/perfectturkeygravy.**



HERSHEY®'S SPECIAL DARK® DARK CHOCOLATE BAR

Mildly sweet, mildly dark and overly delicious. Enjoy a simple moment of pure chocolate happiness with the perfectly balanced rich dark chocolate taste of HERSHEY®'S SPECIAL DARK® Chocolate. PURE HAPPINESS. PURE HERSHEY'S™. Visit **www.hersheys.com.**



LAND O'LAKES® HALF & HALF

Its simple, natural ingredients make a more delicious cup of coffee. That's why LAND O LAKES® Half & Half—made with all natural milk and cream—is the perfect complement to your morning cup of coffee. **landolakes.com**



CALIFORNIA ALMONDS

Almonds are a simple, tasty choice that can make a big difference in your favorite dishes and snacks. Visit AlmondBoard.com to explore hundreds of tempting recipes, nutrition information, snacking tips, and more. **AlmondBoard.com**



NESTLE TOLL HOUSE®

Bake some love this holiday season with Nestle Toll House® morsels and refrigerated cookie dough. For more recipes, gifting ideas, and baking activities visit **TOLLHOUSE.com.**

SHOPPING LIST

FESTIVE *family*

- LEGO® GAMES
- LYSOL® HEALTHY TOUCH™
- RIDERS® BY LEE® INSTANTLY SLIMMING JEANS
- TENA
- WISK®

FESTIVE *health & beauty*

- ARM & HAMMER® SPINBRUSH®
- BREATHE RIGHT® NASAL STRIPS
- DOVE® HAIR CARE DAILY TREATMENT CONDITIONERS
- JERGENS® ULTRA HEALING® EXTRA DRY SKIN MOISTURIZER
- MAXIMUM STRENGTH MUCINEX® DM
- MEGARED® OMEGA-3 KRILL OIL
- MIDNITE® SLEEP REMEDY
- SUAVE NATURALS® BODY LOTIONS
- OXICLEAN® MAX FORCE® GEL STICK
- POND'S® NEW MORNING REFRESH & EVENING SOOTHE™ TOWELETTES
- RoC® RETINOL CORREXION®
- VASELINE® INTENSIVE RESCUE®

FESTIVE *eats*

- CALIFORNIA ALMONDS
- EGGLAND'S BEST
- HERSHEY®'S SPECIAL DARK® DARK CHOCOLATE BAR
- LAND O'LAKES® HALF & HALF
- McCORMICK® TURKEY GRAVY
- NESTLE TOLL HOUSE®
- QUICK COOK™
- RONZONI® SMART TASTE®

FESTIVE *home*

- GOODYEAR® ASSURANCE® FUEL MAX®
- OUT! DELUXE TRAINING PADS

FESTIVE *entertaining*

- MAXWELL HOUSE
- QUILTED NORTHERN SOFT & STRONG®
- VANITY FAIR® NAPKINS

'TIS THE SEASON Sweepstakes: No purchase necessary to enter or win the 'Tis the Season Sweepstakes. Sponsored by Hearst Communications, Inc. To enter, visit goodhousekeeping.com/win. The sweepstakes starts 10/12/10 at 12:01 AM (ET) and runs through 11/30/10 at 11:59 PM (ET). Odds of winning will depend upon the total number of eligible entries received. Must be a legal resident of the 48 contiguous United States and the District of Columbia who has reached the age of majority in their state of residence at time of entry. Void in Puerto Rico, Alaska, Hawaii and where prohibited by law. Sweepstakes subject to complete official rules available at goodhousekeeping.com/win.

FESTIVE *home*



GOODYEAR® ASSURANCE® FUEL MAX®

Goodyear Assurance Fuel Max saved 2,600* miles worth of gas in their tests. Their unique tread compound requires less energy to move so you can get there on less gas. **www.goodyeartires.com**

*2,600 miles based on a 4% fuel-economy improvement, on 65,000 Mile Tread Life Limited Warranty, as compared to the standard Goodyear Assurance tire tested on P195/65R15 size - 2008 Honda Civic. Actual results may vary based on when tires are replaced, driving and road conditions, and proper tire maintenance.



OUT! DELUXE TRAINING PADS

OUT! Deluxe Training Pads are great for puppy housetraining or as a permanent indoor elimination solution for your pet. Learn more at **www.OutPetCare.com.**

FESTIVE *entertaining*



MAXWELL HOUSE

Be good for goodness sake. Maxwell House custom roasts each bean, giving you a rich, flavorful cup of coffee, for a richer, more flavorful holiday. Maxwell House, Be Good to the Last Drop. **www.maxwellhouse.com**



VANITY FAIR® NAPKINS

Vanity Fair everyday napkins are wonderfully soft, amazingly strong and a great value for the money. They add a little special touch to any meal. **vanityfairnapkins.com**

© 2010 Georgia-Pacific Consumer Products LP. All rights reserved. VANITY FAIR and the Shell Emboss are registered trademarks of Georgia-Pacific Consumer Products LP.



QUILTED NORTHERN SOFT & STRONG®

New Quilted Northern Soft & Strong® is now 50% stronger* to help protect against breakthrough. It has the strength you can count on, and it's still soft. **Facebook.com/quiltednorthern**

* When Wet





©2010 Bose Corporation. Patent rights issued and/or pending. The distinctive design of the Wave® music system is a registered trademark of Bose Corporation. Financing and free shipping offers not to be combined with other offers or applied to previous purchases, and subject to change without notice. Risk free refers to 30-day trial only, requires product purchase and does not include return shipping. Delivery is subject to product availability. Quote reprinted with permission: Thomas Jackson, *Forbes FYI*, Winter/04.



®, TM, © 2010 Kellogg NA Co.

A common sense breakfast from a time when common sense was common.

FAT-FREE AND CHOLESTEROL-FREE SINCE 1906.



The Original and Best®



Every month of our anniversary year, we'll share one of our favorite vintage covers with you



kelly ripa fab at 40

America's most energetic mom shares how she recharges her batteries, the get-happy secret her husband taught her—and what she's most grateful for

By David A. Keeps
Photographs by Jack Guy

KELLY RIPA MAY HAVE BECOME FAMOUS BY sharing her morning cup of coffee with millions of Americans, but she doesn't think her daily routine is all that unique. "I'm like any working mom," the TV star insists. "When I'm at work, I'm remembering what I forgot to do for the kids, and when I'm with the kids, I'm remembering what I forgot to do at work." She shrugs her tiny shoulders and well-toned arms and laughs, a cue that one of her trademark self-effacing jokes is about to follow. "And so," she says melodramatically, "I'm constantly in a state of guilt and distraction. I mean, I just

walk around feeling bad and anxious." Don't believe it. Ripa, who turned the big 4-0 on October 2, has reached a new high point, personally and professionally. Though she seems supremely confident on-screen, it has not always been as easy as it looks. Ripa has learned how to get out of her comfort zone and take risks en route to nabbing what she calls "the best job a mom could ever have." She's also figured out a very important life lesson (with her husband's help) that's helped her realign her priorities for the years ahead.

And she's done all this while tackling a host of roles every day: wife to Mark Consuelos; mom to Michael, 13, Lola, 9, and Joaquin, 7; mistress to Chewie, their shih tzu (go ahead, guess how the dog earned that name); morning-show personality; and, now, television producer. For *Homemade Millionaire,* a reality series developed by Ripa and Consuelos, which debuts November 19 on TLC, the vivacious blond plays host and mentor, guiding female entrepreneurs as they try to make their creations HSN-ready.



"We've found faith to be a stabilizing force, a source of strength and comfort in our lives"

Secrets of a Master Multitasker

This juggling act is a big job for the petite powerhouse, and her ability to get it all done isn't due to luck or an army of lackeys. She has some proven strategies that allow her to get through her hectic days. And she's willing to share.

One sacrifice Ripa learned to make early on: nights of long, luxurious shut-eye. "Sleeping is not something I do a lot of," says Ripa, who usually nods off between midnight and 1 A.M. after watching *Nightline.* (Talk about taking your work home with you: She often e-mails her producers about interesting topics that have caught her eye.) Her day usually starts at 6:15 A.M., when she gets up and makes breakfast for the kids.

Ripa describes the mornings as "a swirling vortex of administrative child care. Mark and I have coffee and the kids have breakfast. Then we are scrambling—remembering playdates, filling out permission slips, everything we didn't do the night before."

Mornings may be busy, but Ripa doesn't miss a beat thanks to her trusty iPhone. Electronics help Ripa speed through her day. "She has the most apps ever," says Albert Bianchini, vice president of production and development at Milojo, Ripa and Consuelos' production company. "She blows anyone I know with an iPhone out of the water."

There's something else that keeps the household running: Ripa's take-no-prisoners parenting style. For instance, tween daughter Lola sometimes suffers from fashion commitment phobia. "She'd change school clothes 14 times; it was interfering with the morning ritual," Ripa says, "so now she picks out two options the night before, and we put a lock on the closet door."

A lock on the closet? Yes, a padlock, confirms the mother who firmly believes that kids need boundaries—and that it's her job as a parent to provide them. Wardrobe selections are nonnegotiable. She tells her daughter, "You picked it out last night, and I don't see what happened since then that these no longer are good options. Put one on."

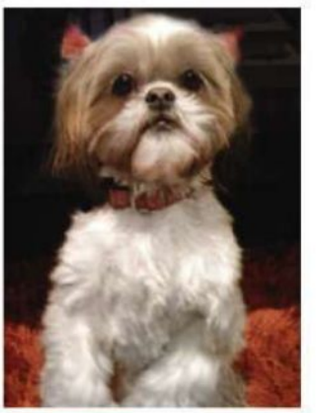
On the days when her kids go to school early for band practice—Michael plays trumpet, Lola plays clarinet and piano—Ripa drops them off, but normally that's Consuelos' job, while his wife zips uptown to the ABC Studios at 7:30 A.M. In a half hour, she's in a chair getting hair and makeup done and preparing for the show and the day's guests.

That's when she usually deploys another not-so-secret weapon: more coffee. "She loves her lattes and always starts out with a Venti or two," says Michael Gelman, executive producer of *Live! With Regis and Kelly.* "She definitely caffeinates to get going in the morning."

From 9 to 10, Ripa is on the air. She's America's sassy and smart BFF, making visitors feel welcome, keeping Regis

Hair by Oscar Blandi for oscarblandi.com. Makeup by Kristofer Buckle for The Wall Group. Manicure by Gina Eppolito for ginails.com. Prop styling by Scott Horne for Big Leo. Wardrobe styling by Katy Robbins and Faith Cornas. Previous page, on Kelly: Dress by Elie Tahari, necklace from Kenneth Jay Lane, bracelet by Jewelmak, shoes by Jimmy Choo. This page, on Kelly: Dress by Roni, necklaces by Jewelmak and Margot Morrison, bracelet by The Padma Collection.







KELLY'S CLAN
Clockwise from above: Kicking back in Arizona are (*from left*) Michael, Lola, Joaquin, and Consuelos; her devilish pet, Chewie; Kelly with her dad, Joe, at a Ripa Hotel (no relation!) in Italy

Philbin on his toes, and sharing easy-to-relate-to stories about being a wife and mother. Afterward, she may tape a show promo or a segment (not everything on *Live* is always live), but usually by lunchtime Ripa has left the building.

For the better part of the past year, she went directly into production meetings with her husband or filming sessions for *Homemade Millionaire,* but since the series has wrapped, she is now free to go for a three- to five-mile run in Central Park or take a SoulCycle spinning stationary bike class. "It's spinning, but they give you little pearls of wisdom," she explains, "like, 'Visualize what's in your way and then smash through that wall.'"

Exercise keeps her from crashing after the often-hectic rush of live TV and a working mom's life. "I like what it does for my mind," Ripa says. "If I've had a bad day, if I'm feeling stressed out, if I'm feeling overwhelmed—it takes it all away. It's my antidote for everything. If I feel any sort of emotional upheaval, I go for a jog and I feel better."

Ripa has another surefire pick-me-up: "I think about my husband in the middle of the day because I love him and I can't wait to see him," Ripa says. "He is my best friend. Nobody knows me the way he knows me. We've seen each other in an *Avatar,* 'I see you' way."

Recently, Ripa has added another key item to her juggling tool kit. Though she was raised with the belief that helping others is a good thing, she's discovered that saying no to some requests "is a gift you give yourself"—one that makes you a better wife, mother, and employee.

And no matter how complicated the day is, Ripa makes sure the family always reconvenes at the dinner table. "Sometimes it's 6:30, sometimes 7:30, sometimes it's going to be pizza or takeout," Ripa says. "It's important to have that time together as a family. We have some very deep conversations. Mark and I are from the generation where children were seen and not heard, but my kids have great insights and their own opinions about everything."

Having family dinners wasn't the norm when Ripa was growing up. "My father was a bus driver, so he got in at strange hours, and my sister and I always had activities. Usually my mom ate dinner standing up or in the car, and my sister and I would eat when we got home," she recalls. It was rare that they actually all had a meal together sitting at the table, but the holidays were memorable exceptions—and perhaps that's why they remain so important to Ripa today.

Talking Turkey

Reminiscing about Thanksgiving festivities, Ripa recalls gleefully, "When we were in the dining room and the table was about to be set, it was like 'Oh! Here comes the tablecloth!' " Though she is of Italian descent, the Ripa Thanksgiving dinner was an all-American classic. "It's looked the same for 40 years," Ripa says of her mom's holiday dinner. "Turkey, peas, potatoes, candied yams that my aunt would bring, plus green bean casserole, and of course the gelatinous canned cranberry sauce."

Those childhood feasts weren't always storybook successes, though. "My mother will get mad at me for telling," Ripa says mischievously, "but one time she left the bag with the neck, liver, and heart in the cavity. It was like, 'Let's find the hidden treasure in the bird.' Scary, right?" Another time, Ripa's aunt brought a frozen premade pie. "It was the kind that you put in the oven and bake, but my mom just put it out to thaw, and it was raw pie soup."

Ripa has had her own festive flops, too: "I did a Martha Stewart brine—because I will do anything that Martha tells me to do in her cookbooks—and I didn't realize one side of our oven had shut down, so I had a half of a cooked turkey. And I'm staring at this turkey and I'm thinking, *Half of that is raw.* So we started *continued on page 224*

Photographs courtesy of Kelly Ripa

Roast Turkey with Giblet Gravy

Of all the turkey-cooking techniques we touted in earlier issues, from boiling (1885) to broiling with bananas (1954), we think basic is best: This burnished-skin bird is herb-roasted with rosemary and thyme, giving it mouthwateringly tender meat and plenty of pan juices for gravy





Citrus-Apricot Cranberry Sauce

Studded with star anise, apricot chunks, and fresh cranberries, this sweet, spiced side is as flavor-layered as the fruit compotes we first featured in the 1880s

our thanksgiving COOKBOOK

Classic and crowd-pleasing, these enduring dishes are all inspired by recipes from GH's past 125 years—and updated for your time-strapped life PHOTOGRAPHS BY KATE SEARS

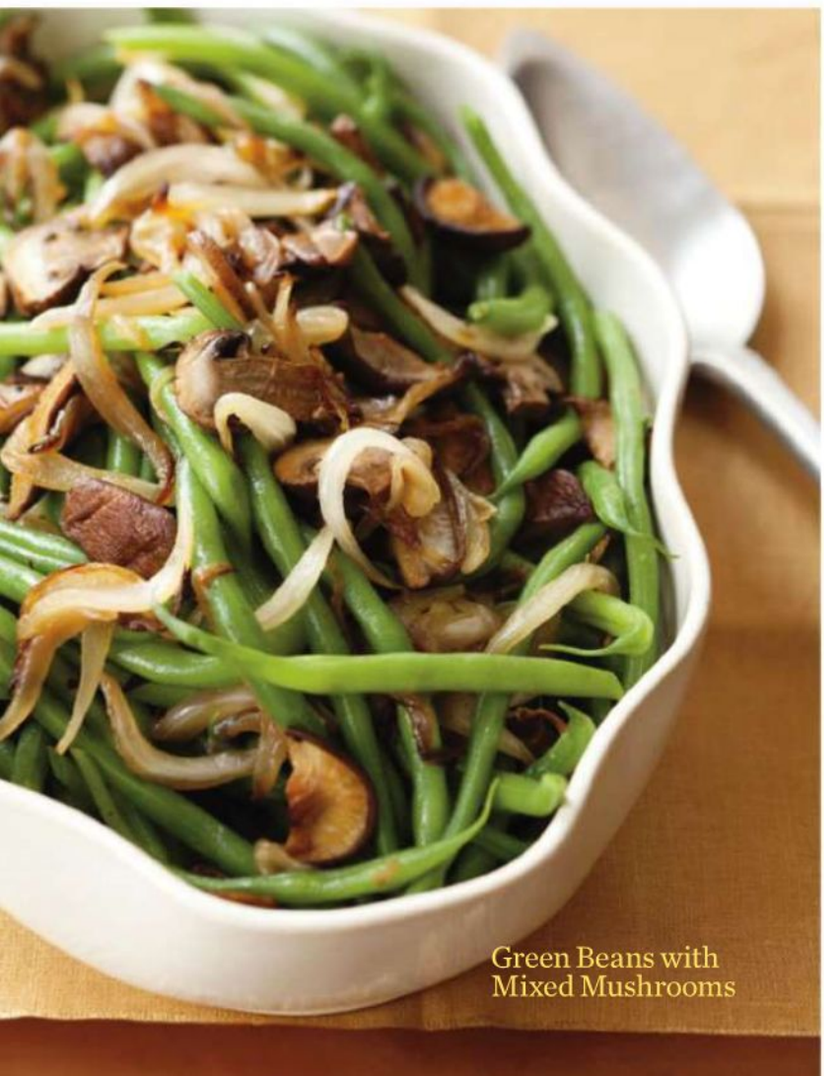
Food styling by Anne Disrude. Prop styling by Marcus Hay for patbatesandassociates.com.



Cornbread Stuffing



New World Succotash



Green Beans with Mixed Mushrooms



Brown Sugar Pecan Pie



Chestnut-Parsnip Soup

The laborsaving shortcut to this woodsy, warming soup: prepeeled, precooked chestnuts, a convenience not available to readers when GH ran the recipe in 1899. Garnish with a swirl of sour cream for a savory seasonal starter



Pumpkin Crème Caramel

Creamy, custardy, and drenched with slide-down-the-sides caramel, this doable dessert debuted in 1958 as a sophisticated substitute for pumpkin pie. While rum still enhances the rich silkiness, coconut milk now adds a tropical twist

For these recipes and more, turn to page 199



GH's Mix-and-Match Menu

APPETIZERS

Blue Cheese–Stuffed Celery

Crisp Corn Breadsticks

FIRST COURSES

Chestnut-Parsnip Soup

Mesclun with Pears & Pumpkin Seeds

MAIN COURSE

Roast Turkey with Giblet Gravy or Red Wine Jus

VEGETABLES

Potato–Celery Root Mash

Sweet Potatoes with Marshmallow Meringue

Creamed Caramelized Pearl Onions

New World Succotash

Green Beans with Mixed Mushrooms

SIDES

Herbed Oyster Stuffing

Cornbread Stuffing

Citrus-Apricot Cranberry Sauce

Cranberry Port Gelée

DESSERTS

Pumpkin Crème Caramel

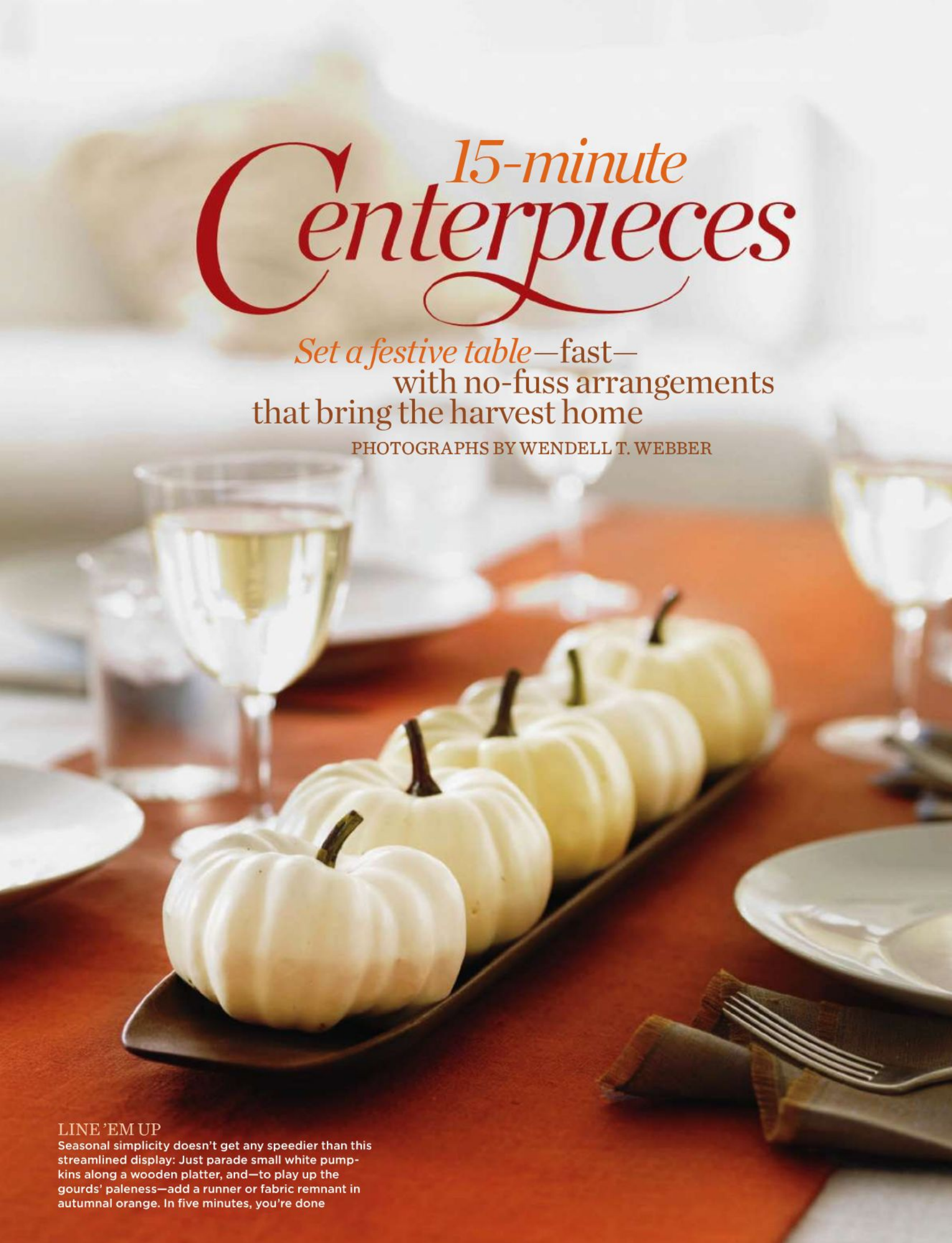
Brown Sugar Pecan Pie

Spiced Apple Pie

15-minute Centerpieces

Set a festive table—fast—with no-fuss arrangements that bring the harvest home

PHOTOGRAPHS BY WENDELL T. WEBBER



LINE 'EM UP

Seasonal simplicity doesn't get any speedier than this streamlined display: Just parade small white pumpkins along a wooden platter, and—to play up the gourds' paleness—add a runner or fabric remnant in autumnal orange. In five minutes, you're done



BRANCH OUT

The patina of tarnished pewter contrasts with fall foliage in this rustic-meets-refined grouping. Tuck acorns, viburnum, and crab apple cuttings (find at a florist or gather from the yard) in a trio of staggered-size containers, corralling on a tray. Total time: eight minutes

Styling by Amy Wilson

Save yourself stress
with quick tricks that feel special



Centerpieces are usually last on the Turkey Day to-do list. Time is tight, the food comes first, and really, how different can a vase of flowers look each year? But this Thanksgiving, you don't have to default to a boring, been-there bouquet, or leave a bare spot beside the breadbasket and hope no one notices—not when you can whip up something holiday-worthy in less time than it takes to set the table.

The proof: All of the clever, creative centerpieces here can be completed in a quarter of an hour or less (one clocks in at a mere three minutes). The secret is mixing basic materials from the crafts store or supermarket with what you already own. No special skills or tools are required (you can even delegate the hands-on project to younger guests). The results promise to impress company almost as much as the meal itself.



RIPE FOR THE PICKING
In this fresh update of the classic cornucopia, clear glass vases overflow with apples, pears, tangerines, and both ripe and green pomegranates. Accent with ribbon curling in and around the fruit—to run out the time to 13 minutes—and invite guests to grab some produce post-dinner

Elegant turns easy
when you think outside the vase



RAKE IT AROUND
More colorful and longer-lasting than lawn-gathered leaves, these paper look-alikes—cut from a crafts store garland—make down-to-the-wire decorating doable. In 180 seconds, simply trim a length of garland and wind it around a hurricane-shielded candle on a plate



SKIP THE VASE

To create this bold bouquet, trim the stems of a dozen roses to 10 inches and strip leaves; with a rubber band, gather the stems just below the heads. Splay out the stems and snip to form a sturdy base; finish with ribbon. Flowers will be fine for a few hours without water—well worth the 15 minutes



DOWN

LOLE

GHRI RATING: **4.2**

Thanks to an outer shell of sleet-shedding polyester, this hip-length high performer ($250) can withstand some of the sloppiest squalls. We loved the drawstring hood for blocking icy blasts, and the helpful hand gaiters with thumbholes, which seal the sleeves and warm the wrists. Slightly fitted, it's a not-too-puffy 80-percent-down parka that's perfect for braving the elements without seeming like you're trekking to base camp.

Jeans, $163, Joe's Jeans. Scarf, Fraas. Boots, American Eagle Outfitters.

UNITED COLORS OF BENETTON

GHRI RATING: **4.1**

With a slenderizing silhouette and a blizzard-defying blend of 80 percent down and 20 percent feathers, this belted beauty ($269) is versatile enough for work or weekends. Ready for stinging snow, its freeze-fighting features include ribbed, recessed cuffs and snap-secured storm flaps to shield the front zipper and deter drafts. But what really makes this a winter winner is the cutting-edge cowl hood (never seen before by the GH textile team) that completely envelops the collar to combat the cold.

Jeans, $155, 7 For All Mankind. Hat, Christy's Crown Series. Gloves, Simply Vera Vera Wang. Boots, Lands' End.

BEHIND THE RATINGS

To find out how we tested these coats and what the ratings mean, see page 173



DRESS

GUESS

GHRI RATING: **3.8**

Lovely and ladylike, this twirl-worthy coat ($178) proves the mood-lifting power of pink. Testers couldn't resist the confident color—and we adored its flirty flourishes, precision cut, and refined (and warm) fabric woven with 60 percent wool. From the gently poufed princess sleeves to the kick-pleat bottom hem to the perfectly pieced back, it's a stunning statement-maker that doesn't disappoint. Black buttons and trim temper the sweetness.

Earrings, T.J. Maxx. Scarf, Gap.

TOP COATS

We chased down the season's most stylish and affordable options, then tested them in our GHRI labs. Here, the BEST SCORERS for keeping you toasty, dry, sleek, and chic—whatever the weather

Photographs by Shannon Greer



SPORTS

HELLY HANSEN
GHRI RATING: **4.6**

Sophisticated styling and synthetic fill give this gray zip-up ($275) its slopes-to-street serviceability. Three layers of insulation help hold in the heat, while the combination polymide-polyester shell shrugs off precipitation. The cut is designed not to bunch or bind during aerobic alpine activities, so it has stretch and maintains its slimming shape. Transitioning from the trails to town? Just remove the fur-ruffed hood and loosen the cuff closures.

Sweater, $17, Pacific Heights.

SHOPPING DETAILS, page 234

Hair by Michael Johnson for artistsbytimothypriano.com. Makeup by Sue Pike for sallyharlor.com. Prop styling by Stephanie Hanes.



RAIN

LONDON FOG
GHRI RATING: **5.0**

Look polished—and stay protected—on the dampest of days with this leopard-spotted, sharply tailored trench ($260). Coated with polyurethane to wick away water and constructed with drizzle-deflecting back and front flaps, it tied for top place in our tests. Also smart: a removable lining for weathering chilly cloud-bursts, and a concealed clasp that closes the collar snugly to shut out wind-driven droplets.

Cowl-neck top, $68, Michael Stars.

16 MORE GREAT CHOICES

DOWN

Down, the undercoating of waterfowl, is warmer than any man-made insulation—until it gets wet. The solution: Pick jackets that are specially coated to seal out snow.



LAUREN BY RALPH LAUREN 4.3
Chic and citified, but still substantial. We were impressed with the all-over, hem-to-hood down insulation and the snap-off, face-sheltering faux-fur trim. The silky-smooth microfiber shell efficiently sluices away excess moisture. ($249)



LANDS' END 4.1
Since it's sewn into smallish squares, the heavy-duty down is capable of fending off frigid temps without Michelin Man bulkiness. Adding to the lean lines: subtle shaping at the waist, and a cinch belt. Fleece-lined pockets are a treat for frozen fingers. ($150)

DRESS

A 100-percent-wool coat is toastiest, but one with at least 60 percent wool can also be top-notch. Look for nylon blends—they're stronger and will last for years. For a spot-on fit, check that the lining is attached only at the armholes, neck, and hem.



UNITED COLORS OF BENETTON 3.9
An Italian import, and the European elegance is obvious. As practical as it is pared-down, with a sculptural collar and a tough two-way metal zipper that's completely camouflaged. Lycra woven into the wool helps it hold its shape from season to season. ($259)



DRESSBARN 4.0
Double rows of gleaming gold buttons, a big belt buckle, and a flirty flounce at the hem modernize this military mainstay. Because the 60-percent-wool fabric is felted, it feels surprisingly plush and lush—and a lot more luxe than the price tag would indicate. ($100)

SPORTS

Construction is critical—these coats are subjected to extreme weather and wear and tear—which explains the higher prices. The sign of quality to search for: sturdy, leakproof, lie-flat stitching...because no matter how insulated the coat is, it can't keep you warm if you're wet.



COLUMBIA 4.0
The shiny silver lining is the latest in thermal technology: like a space blanket, it reflects body heat to boost warmth. Gale-force gusts are no match for the sealed seams, the quick-close Velcro cuffs, and the adjustable zip-off hood. ($220)



HELLY HANSEN 4.2
A standout for snow sports. Close-fitting but not confining, it has vent holes to prevent breath condensation from ice-crusting the chin guard. Lots of exceptional extras: armpit zippers, a mesh lining, and a hood with a rear drawstring for customizing face coverage. ($350)

RAIN

With their second layer of fabric, double-breasted coats offer additional protection—and they flatter almost any figure. Rain likes to creep up sleeves, so stick with styles that tighten at the wrist. For an easy fit, knot (don't cinch) your trench's belt.



LONDON FOG 4.5
This tweak of the traditional trench has a button-off hood, patch pockets, and roomy raglan sleeves—ideal for last-minute layering over blazers and bulky sweaters. Rain rolls right off the tightly woven polyester microfiber; the neutral navy keeps it classic. ($199)



MARMOT 5.0
A very slick slicker, it aced all our tests with perfect marks. Water-repellent nylon—coupled with snap flaps over the zipper, chin and collar guards, and a broad, brimmed hood—could even make a monsoon manageable. Inside, finished seams lie flat, so the lining is less likely to rip. ($200)

Photographs by PHILIP FRIEDMAN/STUDIO D.
Styling by Christina Hurley-Scott.



ZERO XPOSUR 4.1
Fashion meets functionality in this satin stunner. The fill is a chill-chasing combo of 60 percent down and 40 percent feathers; side-slit pockets and contoured seams slim your shape; high-pile fleece cushions the inner collar. ($160)



BURTON 4.5
The champ of the category, its down is slightly thicker at the coat's midsection, so your torso stays toasty. The Velcro cuff closures, cinched hood, and hem are mogul-friendly; après-ski, the bold orange color partners perfectly with denim or neutrals. ($235)



LOLE 4.3
So finely made—the inner seams are fully finished—you could almost wear it inside out. The fleece lining is soft but lightweight—cozy in crisp weather, it'll need a bit of bolstering if temps dip. Luckily, the adjustable waistband allows for easy layering. ($190)



BURLINGTON COAT FACTORY 4.4
Skip the scarf: This winner's funnel collar can stand up straight to protect your neck. Three bright black cuff buttons and a peplum hem in back take the double-breasted construction from basic to bold. A nice touch: The seams of the herringbone align perfectly. ($100)



NILS 4.1
Well thought-out, from the inner iPod pocket with a hole for headphones to the storm skirt that stops slush from sneaking in. The poly shell thwarts watery winds; a pinstripe print and strategic seaming flatter your figure. ($250)



POWDERHORN 4.1
Totally mountain-ready: It has an easy-access sleeve pocket for a lift pass, inside pockets with illustrations so you'll know where to stash (and locate) your stuff, and a goggle-cleaner cloth tethered to a bungee cord. Dual flaps defend the zipper from drafts and moisture. ($295)



LONG TALL SALLY 4.5
Trend-free and timeless, and proportioned for taller gals—the sleeves measure 27 inches, and the overall length is 41 inches. Crackerjack construction—cord-covered interior seams, densely woven fabric, and fortified buttons—snagged it a stellar score for quality. ($135)



WHITE HOUSE BLACK MARKET 4.5
This double-breasted gust buster, detailed with grosgrain trim, pink interior binding, and a ruffle that runs the length of the coat, is stylish enough for sunny weather. The poly/cotton blend and button-close back yoke ensure that you'll stay dry in a drizzle or a deluge. ($178)

HOW WE TESTED

Coats are often the priciest items in a woman's wardrobe, but which ones are worth the cold, hard cash? To evaluate the outerwear on these pages, our textiles lab at the Good Housekeeping Research Institute subjected 50 contender coats to these rigorous tests:

WATERWORKS
Using equipment and standards set by the American Association of Textile Chemists and Colorists, we poured about one and a quarter cups of water onto all of the sports coats, down coats, and raincoats to determine their water repellency. This was repeated three times, in three different locations on each garment including at least one seam. Results were ranked on a scale of 1 (complete wetting of surface) to 5 (no wetting of surface).

COLD COMFORT
We set our state-of-the-art climatology chamber (a 126-square-foot room) to a chilly 30°F to assess the coats' ability to keep a wearer warm. Twenty-three testers wore every sports, down, and dress coat inside the chamber for five minutes. Afterward, they assigned a numerical value to how they felt, from 1 (very cold) to 5 (very warm).

SO FAR, SEW GOOD
Our textiles director performed a construction analysis of each coat, inspecting buttons, edging, pockets, seams, and neck closures. Results were ranked on a 1-to-5 scale.

ADDING IT ALL UP
We crunched the numbers from all the tests to determine a final ranking. That number is the GHRI rating you see next to each coat, with 1 being the worst and 5 being the very best.

GH SPECIAL REPORT

THE (SURPRISING) TRUTH ABOUT SALT

For decades, doctors have been telling us that it's one of the villains in our diet. Now, public health leaders have started a crusade to slash salt from the food supply. **The only problem: There's no definitive proof that the plan will prevent strokes or heart disease or save lives.** Here's why such far-reaching measures may do more harm than good BY RACHAEL MOELLER GORMAN



Photograph by J MUCKLE/STUDIO D

Sonia Angell has a thing about salt. She thinks about it much of her day. When she talks on the phone from her office in Lower Manhattan, she speaks with increasing passion about the mineral—specifically, getting rid of it. "It's a nutrient that we are eating in excess," she says, "to the point where it has become dangerous."

Dr. Angell is a general internist with a master's degree in public health, and she is in a good position to act on her conviction: She runs the Cardiovascular Disease Prevention and Control Program at the New York City Department of Health and Mental Hygiene (DOHMH), the same place that caused a huge uproar a few years ago when it mandated that all city restaurants get rid of artery-clogging trans fats. Initially spurred on by former DOHMH Commissioner Thomas Frieden, now director of the Centers for Disease Control and Prevention, she and the Department of Health have taken on salt because they and many others in the scientific community hold that eating too much sodium chloride, or salt, causes heart attacks, strokes, and deaths. So in 2008, the DOHMH spearheaded a collaboration called the National Salt Reduction Initiative—a group of more than 45 cities, states, and powerful national and international health organizations, including the American Heart Association, the American Medical Association, and the World Hypertension League—to prevent disease and death by gradually siphoning off a lot of salt from the country's food supply.

The big glitch in this impressive-sounding plan: Not everyone in the medical community agrees that limiting salt nationwide will prevent these problems. "Is sodium important to most people's health? Is this a battle worth fighting for most people? The answer is no," says Norman Hollenberg, M.D., Ph.D., a kidney specialist and blood pressure researcher at Harvard Medical School who has edited books like the *Atlas of Hypertension.* Many doctors, including journal editors, cardiologists, and medical association presidents, say that while it makes sense for some people with high blood pressure to lower their salt intake, current science doesn't show that the rest of us will reap much, if any, benefit from this sweeping policy. In fact, these researchers believe the initiative is being foisted on the American public without sufficient justification—and could even be dangerous.

They say that curtailing salt in the food supply may wreak unforeseen harm, and point out that no clinical trials in the general population have linked salt to heart disease or death. Past public health recommendations, they note, have backfired because they were implemented before proper studies were conducted (one example: switching from butter to trans-fat-loaded margarines—which proved to be worse). Salt is a cheap, tasty additive and preservative. "There are reasons food companies put it in their products. Now they have to find substitutes, and we don't know what impact the substitutes will have," says Hillel Cohen, Dr.P.H., M.P.H., an epidemiologist at the Albert Einstein College of Medicine in the Bronx who studies hypertension. "Wouldn't it be nice to have some information before going ahead with a health policy that will affect millions of Americans?"

THE RISE AND FALL OF SALT

Salt has been a dietary player for at least 10,000 years, since humans began using it to season their meals. About 5,000 years ago, the Chinese discovered it could preserve food, allowing people to survive long, cold winters with a stash of salted supplies. Civilizations traded in it, cities like Venice and Oslo were built on it, →



and wars have been fought over it. Romans salted their greens, originating the word "salad"; even "salary" ("salt money") comes from the word salt.

At its most basic level, our bodies need salt because sodium helps our brains transmit signals and keeps our cells and the fluid surrounding them in balance. Our intake reached its peak in the late 1800s, when salt was used to preserve foods for storage, and declined as refrigeration became more widespread in the early 20th century. By midcentury, however, when packaged and convenience foods began to replace fresh foods in our diets, the amount of sodium we consume began to climb; today we get nearly 80 percent of our daily dose not from the shaker, but from processed foods. (According to national diet-tracking studies, in the late 1980s salt consumption leveled off—and has remained—at about 1½ teaspoons, or roughly 3,500 mg, of sodium a day.)

Roughly a century ago, in a study of people with hypertension, French doctors found for the first time that when subjects ate the equivalent of about 4,100 mg of sodium per day, their blood pressure rose, and that when they cut back, it dropped. Over time, a hypothesis developed linking high salt consumption with high blood pressure, or hypertension: In general, when we take in large amounts of sodium, our bodies need to conserve more water to maintain a stable concentration in the fluids. More water would mean more blood, and more blood, higher pressure within our vessels. The association between salt and blood pressure is critical because high blood pressure *has* been shown to increase the risk of heart disease. Large volumes of blood straining against vessel walls can make them weak and more susceptible to damage, playing a role in heart attacks, strokes, and possibly death. It's this linkage—from sodium to hypertension, and then from hypertension to heart attacks, strokes, and death—that's behind the crusade against salt.

THE FICKLE EFFECT OF SODIUM

There's little question that for some people who have high blood pressure—nearly a third of Americans—slashing sodium by about 1,800 mg a day *does* reduce blood pressure—about 5 points for systolic, about 3 to 4 for diastolic, according to one large review (see "Blood Pressure by the Numbers," *below*). That's like going from a reading of 145/90 to 140/87—usually not enough to achieve a healthy blood pressure, but helpful nonetheless.

But in people who have normal blood pressure, trying to reduce sodium intake by heroically cutting back on salt reduces blood pressure readings a mere one to two points, on average. The cuff at your doctor's office might not even detect such a tiny difference. And studies suggest that over time, these blood pressure reductions tend to get smaller. One theory as to why: The body adjusts to the lower salt level. Indeed, blood pressure reductions like these are similar to, or even *less* than, those that might result from other, perhaps easier, lifestyle changes: Eating three

BLOOD PRESSURE By the Numbers

Systolic pressure—the first, higher number in the familiar fraction—is a measure of the peak force exerted by your blood against your artery walls when your heart pumps. **Diastolic pressure**—the second, lower number—measures the minimum pressure, between heartbeats. The measurement is recorded in millimeters of mercury (mm Hg), even if the cuff in your doctor's office is digital (note: recent research suggests that the old-fashioned, low-tech measuring method is more accurate). **Here is what the numbers mean:**

120 / 80	139 / 89	159 / 99	160+ / 100+
and lower Normal blood pressure	120–139/80–89 Pre-hypertension	140–159/90–99 Stage 1 hypertension (mild high blood pressure)	160-plus/100-plus Stage 2 hypertension (moderate to severe)

Photograph by istockphoto

portions of whole grains a day can drop systolic blood pressure 6 points; drinking one less sugary drink daily, 1.8 (systolic) and 1.1 (diastolic) points; and losing seven pounds, 1.4 and 1.1 points.

Yet public health experts think sodium's one- to two-point reduction is reason enough to launch their salt-cutting campaign. "With a small reduction for everyone, we'll get a huge benefit for society at large," says Dr. Angell, who estimates that the nationwide initiative will save as many as 150,000 lives each year—a number that the nay-sayers claim is built on untested assumptions.

HOW LOW CAN WE GO?

Last April, after extensive talks with food manufacturers, Dr. Angell and the DOHMH published voluntary limits on sodium in 62 categories of packaged food (breakfast cereal, canned soup, and more) and 25 categories of restaurant food (hamburgers, fries, muffins) to lower sodium throughout the food supply. Sixteen food companies and restaurant chains, including Heinz, Unilever, Kraft, and Subway, have already signed on (see "Slashing the Salt," *right*). The goal: a 25 percent reduction over the next five years, which is in line with the American Medical Association's call for a total of 50 percent over the next 10.

Dr. Angell calculates that this should get us closer to 2,300 mg, the maximum amount of sodium recommended in the current *Dietary Guidelines for Americans, 2005*, the government's official road map for building healthy American diets; it covers everything from school lunches to dietitians' advice to their clients. But the new 2010 guidelines, anticipated for release at the end of the year, dump this old number for an even lower one: 1,500 mg—about two-thirds of a teaspoon of salt a day. That amount is the so-called "adequate intake"—the minimum our bodies need to function and to maintain good health.

Why drop so low? The number one reason, says Lawrence Appel, M.D., M.P.H., professor of medicine at Johns Hopkins University and member of the 2010 U.S. Dietary Guidelines scientific advisory committee that recommended the new sodium level, is the direct relationship between sodium and blood pressure: The less you take in, the lower your blood pressure. (Other researchers have a problem with this, saying it's not that simple.) In the 2001 DASH (Dietary Approaches to Stop Hypertension-Sodium) trial, which tested the effects of a healthy, monthlong, low-sodium diet in people with high and borderline-high blood pressure, subjects' blood pressure dropped considerably when they consumed about 1,500 mg of sodium a day. In addition, "you're dealing with a chronic problem that develops over time," he says. "The idea of somebody just waiting until they have hypertension and then flipping into a low-sodium diet is somewhat like saying, well, let's just wait until you get your first *continued on page 228*

SLASHING the Salt

Food companies and restaurants add salt to their products and meals because it's a great multitasker. Flavor is a primary reason: The temperatures required to kill bacteria in processed foods often sap their taste, and salt acts as an inexpensive flavor boost. It also makes food moist, improves its texture, and prevents the growth of new bacteria. In breadmaking, salt is needed to make dough rise, and it acts as a dough conditioner, which helps a loaf hold air and stay firm.

Hypertension researchers like Dr. Hillel Cohen at Albert Einstein College of Medicine are concerned that companies participating in the National Salt Reduction Initiative might add sugar or fat to replace salt's flavor, or come up with some new substitute to preserve food and improve its texture. "Who's going to check what's being put in? Who's going to monitor those chemicals, or the sugar or the calories if they go up?" he asks. The New York City Department of Health says it will monitor these changes in the food supply, including sodium levels, sugar, and fat, but given the intense secrecy that surrounds manufacturers' recipes and formulas, it may be difficult to impossible to detect a new ingredient—or determine its effect on our health.

Here are a few examples of how food producers say they are reformulating their foods to reduce the salt levels.

RAGÚ OLD WORLD STYLE PASTA SAUCE

(salt added for more flavor)

- Salt already reduced by 45 percent through Unilever's global sodium-reduction strategy
- Added more tomatoes
- Reduced corn syrup, but added regular sugar to compensate
- Rebalanced herbs and spices to improve flavor

WISH-BONE SALAD DRESSINGS

(salt added as a preservative)

- Reduced sodium 15–30 percent
- Altered the sugar/acid/spice balance

AU BON PAIN MUFFINS

(sodium added for taste and leavening)

- Currently working to reduce sodium
- Experimenting with using potassium chloride (a salt substitute) or a blend of sodium and potassium chlorides

®, TM, © 2010 Kellogg NA Co.

How can the rest of your day possibly get any better?



The best part of your day starts with warm toasty **Eggo® Nutri-Grain®** Waffles, made with whole grain.



Susan Westmoreland, food director, GHRI

goodfood

HOW TO MAKE EVERYTHING BETTER

Ask Susan

Q: Can I prevent ice crystals from forming in my ice cream?

Emily Wang, San Marino, CA

A: Yes—and eating it all in one sitting is not the answer. Ice cream's ingredients are churned and emulsified as they freeze, creating that velvety smoothness we love so much. But over time, the fat and water content separate out, changing the texture and resulting in icy bits. Letting your Rocky Road partially melt or not covering it properly before putting it back in the freezer speeds this process. To keep your ice cream creamy, scoop what you need, press plastic wrap onto the surface of what remains, cover with the lid, and return it to the freezer ASAP.

Q: What's the best way to peel butternut squash?

Ra Popham, Indialantic, FL

A: One of my favorite winter vegetables, this used to be my least favorite to prep. But I've streamlined my method: First, cut off both ends with a sharp chef's knife. Then cut across the squash at the point where the narrow neck meets the rounded bottom. Cut the bottom in half and scoop seeds from both halves. Using a swivel-blade peeler, remove the peel from all squash pieces. Or, place the bottom halves cut side down; slice into 1½-in.-wide pieces, then cut away the skin. Repeat with the neck of the squash.





Veggie Frittata

Total time 30 minutes
Makes 4 main-dish servings

- **1 lb. red potatoes, cut into ½-in. chunks**
- **2 tsp. olive oil**
- **1 red pepper (4 to 6 oz.), chopped**
- **10 oz. baby spinach (about 5 c.)**
- **2 cloves garlic, crushed with press**
- **6 lg. eggs plus 2 lg. egg whites**
- **1 med. yellow squash, shredded**
- **1½ oz. Fontina cheese, shredded**

1. Arrange oven rack 6 inches from heat source; preheat broiler.
2. Place potatoes in microwave-safe large bowl; cover with vented plastic wrap. Microwave on High 6 minutes or until potatoes are fork-tender.
3. In 12-in. nonstick skillet, heat 1 teaspoon oil on medium 1 minute. Add pepper; cook 5 minutes or until tender, stirring. Add to bowl with potatoes. Add spinach and garlic to skillet; cook 4 minutes or until moisture has evaporated, stirring. Add to same bowl.
4. In another large bowl, whisk eggs, egg whites, and ¼ teaspoon salt until blended. Stir in squash and vegetable mixture until well mixed.
5. Wipe out skillet. Heat remaining oil on medium 1 minute; add egg mixture. Cover; cook 5 minutes or until edges are just set. Top with Fontina and wrap handle with heavy-duty foil. Broil 4 minutes or until golden brown.

EACH SERVING About 320 calories, 19 g protein, 33 g carbohydrate, 13 g total fat (5 g saturated), 6 g fiber, 330 mg cholesterol, 485 mg sodium.

Photographs, from top: NIGEL PARRY AND MELANIE DUNEA; KATE SEARS, food styling by Anne Disrude, prop styling by Marcus Hay for patbatesandassociates.com; Studio D (ingredients).

5 ideas for... CANNED PUMPKIN

Think outside the pie. Sometimes, in the frenzy of Thanksgiving preparations, you stock up on one too many cans of pureed pumpkin. Instead of saving the extra for next year, use this beta carotene–rich gourd in unexpected dishes. For these recipes, we used a 15-oz. can of pure pumpkin (not sugar- and spice-loaded pumpkin pie mix).

1 **Pumpkin Cinnamon Muffins** Preheat oven to 400°F. Line 12-cup muffin pan with paper liners. In lg. bowl, stir together 1 box (14 to 15.2 oz.) apple cinnamon muffin mix, 1 c. pumpkin, 2 lg. eggs, ¼ c. milk, and 2 Tbsp. vegetable oil until almost smooth. Divide batter among muffin cups. Bake 18 to 20 minutes or until toothpick inserted in center comes out clean; cool on wire rack. Makes 12 muffins.

2 **Velvety Pumpkin Soup** In 4-qt. saucepot, melt 2 Tbsp. butter on medium-high. Add 1 shallot, finely chopped; cook 30 seconds, stirring. Add ½ tsp. cumin; cook 1 minute, stirring frequently. Add 1 can pumpkin, 2 c. lower-sodium chicken broth, and ½ c. water. Cover and heat to boiling on high. Stir in ½ tsp. salt. Serves 4.



3 **Sausage & Pumpkin Pasta** Cook 1 lb. rigatoni as label directs, reserving 1 c. cooking water. In 12-in. nonstick skillet, cook 8 oz. spicy Italian sausage, casings removed, on medium 6 minutes, breaking up sausage. Add 5 fresh sage leaves, finely chopped; cook 1 minute, stirring. Add 1 can pumpkin and reserved pasta water; mix well. Drain pasta; return to pot. Add sausage mixture; heat through. Stir in ½ c. grated Parmesan cheese. Serves 4.

4 **Spiced Pumpkin Mash** In 10-in. skillet, melt 3 Tbsp. butter on medium. Add 2 shallots, very thinly sliced; cook 5 minutes or until golden brown, stirring. With slotted spoon, transfer to paper towel–lined plate. To skillet, add 2 tsp. grated peeled fresh ginger and ½ tsp. curry powder; cook 30 seconds. Stir in 1 can pumpkin and ½ tsp. salt. Heat through, stirring. Garnish with shallots. Serves 4.

5 **Chicken Peanut Stew** Spray 6-qt. saucepot with nonstick cooking spray. Pat dry 1 lb. boneless, skinless chicken breasts, cut into 1-in. pieces, and sprinkle with ½ tsp. salt. Heat pot on medium-high; add chicken to pot. Cook 3 to 4 minutes or until browned all over, turning. Add 1 can pumpkin, 1 can (14.5 oz.) stewed tomatoes, ½ c. peanut butter, ½ c. water, and ½ tsp. ground coriander; break up tomatoes with spoon. Heat to boiling on high. Reduce heat to medium; simmer 5 minutes or until chicken is no longer pink in center. Serves 4.



Decaf Coffee

The perfect drinking companion for a slice of Thanksgiving pie is a cup of coffee, but not if it will keep you up all night after a long day of cooking and eating. Happily, there's decaf: Before coffee beans are roasted, they're processed—soaked in hot water or rinsed with a solvent—to extract the caffeine, leaving no more than 2 percent of the original amount. GHRI brewed up 13 different ground decafs, using three identical machines, to determine which were tastier than just the average (cup of) joe:

Tied for First Place



Testers enjoyed the "smooth" flavor of **Gevalia Decaffeinated Traditional Roast ($7.45 for 8-oz. box),** which was "light, but not weak." "Yum, perfect," commented one taster.



For those craving a stronger brew, **Peet's Coffee Decaf House Blend ($10 for 12-oz. bag)** with its "nutty," "rich" complexity, hit the spot. It scored big points for being both "robust and well rounded."

Find It Online
Recipe Search

Try something new tonight! Search thousands of easy, delicious, triple-tested recipes by ingredient, calorie count, special diet, and more at goodhousekeeping.com/recipefinder

Photographs, clockwise from left: LARA ROBBY/STUDIO D; Jupiterimages.


NO ONE EVER SAYS "MMM, SODIUM STEAROYL LACTYLATE."
At Nature's Pride,® we don't think you should put anything in your mouth you can't pronounce. So taste the difference natural makes.
100% NATURAL. 100% DELICIOUS.™
NaturesPrideBread.com
NATURE'S PRIDE
100% Natural

©2010 Sara Lee Corporation

Our perfectly seasoned sausage is a magnet for other ingredients.



Since 1934
Hillshire Farm
GO MEAT!



HEALTHY MAKEOVER

Tiramisu

In Italian, *tiramisù* means "pick me up," but "weigh you down" is more likely if you polish off one food celebrity's version: Each serving has 880 calories and an astonishing *63 grams of fat* (33 saturated)! We've replaced the high-cholesterol egg yolks and mascarpone with reduced-fat cream cheese and low-fat milk, and we used just a bit of whipped cream. Our cocoa-topped 175-calorie dessert will leave you feeling light as a feather.

Active time 20 minutes
Total time 25 minutes plus chilling
Makes 9 servings

- ⅔ c. hot water
- 2 Tbsp. brandy
- 1 Tbsp. instant espresso powder
- ¼ c. plus 1 Tbsp. sugar
- ¼ c. whipping cream
- 1 box (8 oz.) reduced-fat cream cheese (Neufchâtel), softened
- ¼ c. low-fat (1%) milk
- ½ tsp. vanilla extract
- 4 oz. sponge-type ladyfingers (30 halves)
- 1 Tbsp. cocoa powder

1. In small bowl, stir together hot water, brandy, espresso powder, and 1 tablespoon sugar until sugar dissolves.
2. In medium bowl, with mixer on medium speed, beat cream until soft peaks form when beaters are lifted.
3. In large bowl, with mixer on medium-high speed, beat cream cheese and ¼ cup sugar until fluffy, about 4 minutes. Continue beating; add milk and vanilla in slow, steady stream. Beat until well mixed and fluffy, about 2 minutes.
4. With spatula, gently fold whipped cream into cream cheese mixture.
5. In 8" by 8" baking dish, arrange half of ladyfingers, flat sides up, in single layer. Pour half of brandy mixture evenly over; let stand until absorbed.
6. Spread half of cream cheese mixture evenly over ladyfingers. Top with remaining ladyfingers, flat sides up. Brush remaining brandy mixture over ladyfingers, allowing liquid to be absorbed before each addition. Spread evenly with remaining cream cheese mixture.
7. Sift cocoa powder evenly on top. Cover with plastic wrap and refrigerate at least 4 hours or overnight. Garnish with chocolate curls, if desired.

EACH SERVING About 175 calories, 4 g protein, 18 g carbohydrate, 9 g total fat (5 g saturated), 0 g fiber, 55 mg cholesterol, 180 mg sodium.

Left photograph by KATE SEARS, food styling by Adrienne Anderson, prop styling by Paul Lowe for Big Leo.

WINE PICKS

The Right Reds for Thanksgiving

If you want to serve red wine with your Turkey Day feast, choose one that has plenty of fruit to take on everything from sweet-tart cranberry sauce to rich, gamy turkey and gravy. Our lighter-bodied selections won't overpower you or your meal.



J.M. DA FONSECA PERIQUITA RED
2007, Portugal | $9
We like light spiciness



GEORGES DU BOEUF FLEURIE BEAUJOLAIS
2009, France | $16
We like blackberry jam flavor



ESTANCIA PINOT NOIR
2008, CA | $16
We like notes of juicy cherry and plum



L'ARDÌ DOLCETTO D'ACQUI
2008, Italy | $12
We like fresh fruitiness, smooth finish

DIY

Chocolate Almond Clusters

Get a head start on holiday gifts with these delicious homemade candies. Our speedy recipe calls for just two ingredients and costs only $8 to make; store-bought can be more than twice that. Think of the time and money saved as a gift to *yourself* this season.

Chocolate Almond Clusters

Active time 10 minutes
Total time 45 minutes
Makes 4 dozen

- **8 oz. semisweet or bittersweet chocolate, chopped**
- **1½ c. roasted, salted almonds (8¼ oz.)**

1. On large cookie sheet, arrange 48 paper or foil mini-muffin or candy cups in a single layer. (Or, line large cookie sheet with waxed paper.)
2. In large microwave-safe bowl, microwave half of chocolate on High 20 seconds. Stir and repeat until chocolate just melts, about 1 minute 20 seconds total. Stir in remaining chocolate until melted. Cool 3 minutes (for a shiny finish).
3. Stir in almonds until evenly coated. With measuring teaspoon, drop 1 spoonful of mixture into mini-muffin cup or onto waxed paper. Repeat with remaining mixture and cups.
4. Refrigerate at least 20 minutes or until set. Chocolate clusters can be refrigerated in an airtight container up to 1 month.

EACH CANDY About 55 calories, 1 g protein, 4 g carbohydrate, 4 g total fat (1 g saturated), 1 g fiber, 0 mg cholesterol, 15 mg sodium.



Timing makes these chocolates glossy!

SUPERMARKET PICK



Tear open a box of **John Wm. Macy's Cheddar and Asiago CheeseCrisps** to serve an instant gourmet snack ($3.50 for a 4.5-oz. box at supermarkets or online at cheesesticks.com). This family company bakes each batch twice for an irresistible crunch. Great-tasting on their own, the super-savory squares also make easy, elegant hors d'oeuvres.

- **SMOKED SALMON BITES** Top each crisp with a dollop of sour cream, a piece of smoked salmon, and snipped fresh chives
- **PARTY MIX** Toss crisps with salted, mixed nuts and fresh rosemary leaves
- **HAM STACKS** Spread grainy Dijon mustard on squares and top with honey ham and chopped fresh dill

Photographs, clockwise from left: KATE SEARS, food styling by Anne Disrude, prop styling by Marcus Hay for patbatesandassociates.com; LARA ROBBY/STUDIO D; Howard Shooter/Getty Images.

TEST KITCHEN TIP



You can get the perfect jiggle in our **Cranberry Port Gelée** (page 205) with half the hassle: After sprinkling gelatin over cold water to soften, *stir it right into the warm cranberry sauce.* No need to simmer it on the stove again—the residual heat dissolves the gelatin.

Nothing brings 'em together like a holiday tree.



WILMA'S HOLIDAY TREE

Active time: 10 minutes excluding assembly and decorating

1/4 cup (1/2 stick) butter or margarine (not spread)
1 pkg. (10-1/2 oz.) Miniature Marshmallows (6 cups)
1 pkg. (11 oz.) POST Fruity or Cocoa PEBBLES Cereal
1 container (16 oz.) ready-to-spread vanilla flavored frosting

SPRAY 13x9-inch pan with cooking spray.
MELT butter over low heat in large saucepan. Add marshmallows, stirring until completely melted. Add cereal; mix to coat well.
PRESS mixture firmly and evenly into prepared pan. Cool 1 hour in cool dry place. Using cookie cutters or star cutouts, carefully cut 2 of each size for a total of 10 stars. (Kids, ask an adult to help you.)
SPREAD 1/2 of frosting on tray to resemble snow. Use remaining frosting to attach stars, stacking largest to smallest and rotating points of stars to make a tree. Decorate as desired. Makes 1 tree.

For more delicious recipes, visit www.postcereals.com/recipes



©2010 Post Foods, LLC
THE FLINTSTONES: TM & © Hanna-Barbera. (s10)

© 2010 GlaxoSmithKline. All rights reserved.



Don't let nasal congestion get in between you and your sleep.



Opens your nose to relieve nighttime congestion the instant you put it on. For as long as you have it on.

It's your right to Breathe Right. **GET 2 FREE STRIPS AT BREATHERIGHT.COM**



Until We Meet Again

When our comings and goings are framed by prayers of safekeeping, returning is a special blessing **By Kate Braestrup**

We didn't have television when my children were younger, but they did get to watch a movie on the weekends, and so discovered early the virtues of a remote control Pause button. If, in the middle of *The Lion King,* someone had to pee, he or she would shout "Pause!" and whoever had charge of the remote was honor-bound to press the button.

The word, and the idea, leaked into their play. A child might shout "Pause!" to stop a game of tag for a drink of water or "Pause!" to interrupt a sibling's story long enough to point out inconsistencies in the plot. It was an imperative issued and obeyed as absolutely as "Dibs" or "Jinx-Pinx! You owe me a Coke."

Once, I was remonstrating with my son Peter about something, and he actually held out his hand, palm up, thumb bent as if reaching around a remote control device to press a button. "Pause!" he shouted, and I was so astonished, I stopped speaking. This gave him time to explain that it was →

Photograph by Tim Hall/cultura/Corbis

his sister, not he, who had committed the crime du jour: spilling the compost bucket in the middle of the backyard, neglecting to feed the dog, or sending a Tonka truck filled with confectioners' sugar down the stairs to make a satisfactorily smoky "hazmat accident" in the front hall.

Grace, prayer, or blessing: These, too, are moments to pause and make room in life for clarity, attention, and gratitude. The problem is that a lamentably inattentive person like myself really does need some sort of external reminder when it comes to spiritual practice, and my community doesn't offer the traditional ones. No muezzin ascends his tower to send a call to prayer echoing over the gently smoking chimneys of my Maine community, nor do great bells peal or even tinkle.

Thich Nhat Hanh, a Buddhist monk who has published numerous books about spiritual practice, talks about finding "bells of mindfulness" in daily life—phenomena you are likely to encounter that can trigger a moment of conscious attention, such as a ringing telephone or the brake lights of the car in front of you, which Thay, or "Teacher," as he is called, sees as the eyes of Buddha, signaling you to be aware. As bells of mindfulness go, meals, bedtime, and departures work well.

You can say a threshold blessing with, to, or about any member of the household as he or she sets out from home, whether it is to go to school, to work, or to Bermuda. Such a pause recognizes the crossing of a boundary between interior and exterior, known and unknown, self and other, parent and child, and, potentially, life and death.

My friend Tom Ballard is a state trooper. He was in my husband Drew's graduating class at the Maine Criminal Justice Academy, and the family friendship that began there continued up to and beyond Drew's death in 1996. Tom and Tonya, his wife, have two children, Michael and Meghan, who are now adults, but they were little—10 and 5 respectively—when their "Uncle Drew" died.

A terrible loss had befallen me and the kids—"Auntie Kate," Zach, Peter, Ellie, and Woolie, their playmates since infancy—and it was a loss any members of a law-enforcement family could all too easily imagine. Uncle Drew had worn the same uniform their father wore, and done the same work. He had offered familiar farewells and kisses to his kids and driven away. What if their father, too, drove away and never came home again?

Prayers are not formulas; they're love poems. They need not be factual, but must be true

The adults in their lives could not assure them that this was an impossibility. Of course Tom would do his best to be safe, to avoid getting hurt or being killed, but Uncle Drew had done his best, too. Uncle Drew hadn't been doing anything unusual, hadn't been caught in a shoot-out or targeted by that rarity, a serial killer. No, Uncle Drew had just been turning his car around to go after a speeder. This, along with various other ordinary driving maneuvers, was something Tom, like any state trooper, would do at least a thousand times between now and retirement.

Michael and Meghan weren't stupid. They knew that no one could guarantee their father's safety. No one can promise not to die.

They could have responded with fear, screaming every time their father went to work, begging their mother never to leave them alone. Instead, they responded with a threshold ritual: From that time on, no one left the Ballards' house without getting a hug and a kiss from Michael and Meghan.

They took this very seriously—Tonya might realize that she needed butter to complete whatever she was cooking for our supper and send me up the road to the market to get it. I'd only be gone 20 minutes...but the children still insisted on a fond farewell.

It wasn't a long, clingy, neurotic farewell, mind you. Just a quick hug and smooch, enough so that if, God forbid (but God doesn't), I was killed on my way to the Morrill Market, I would set off for heaven knowing I was loved.

God be in my head,
And in my understanding;
God be in my eyes,
And in my seeing;
God be in my mouth,
And in my speaking;
God be in my heart,
And in my thinking;
God be at my end,
And at my departing.

My family lived abroad for most of my early childhood. My father had been a foreign correspondent, first for the *New York Times* and later for the *Washington Post*, and my mother and we children followed him to Algeria, Paris, and various posts in Asia.

During the Vietnam War, Dad was based in Saigon, but even before the 1968 Tet Offensive, he didn't think the city was safe for us. So we lived in Bangkok, and my father commuted. My mother "kept the home fires burning"—though Thailand was so miserably hot that just saying the →

CATHERINES®



celebrating
50 years
of SERVING AMAZING WOMEN LIKE YOU

look amazing for less

in comfortable fashions that fit you and your wallet!

SIZES 16W–34W and 0X–5X

For a store near you, visit catherines.com.

DISCOVER
why we were recently named
No. 1
PLUS SIZE SPECIALTY RETAILER
for good customer service and clothes that fit your shape.*

This outfit available at most stores and at catherines.com.

Find us on Facebook

*For women ages 35 and up. Based on an NPD study conducted over 12 months ended September 2009.

$10 off your purchase of $25 or more

Valid now through December 24, 2010

Not valid during Friends & Family and Customer Appreciation events. Excludes clearance and markdown items, Perfect Price items and Spanx® products. Valid on Catherines purchases only. One coupon per customer. Redeemable one time only. Cannot be combined with Catherines Cash, Gift Cheques or coupons or used toward past purchases, layaways, credit card payments or the purchase of Gift Cards or Perks memberships. Valid on in-stock merchandise only. Qualifying purchase is determined after discounts and before taxes, shipping and handling. Present coupon (or enter promotion code) at checkout. Valid online from now until 11:59 P.M. PT on date above.

CATHERINES®

catherines.com promo code 777008988

CA 10-0820A1 WK 37 ©Charming Shoppes, Inc. 2010

phrase aloud makes me sweaty. She also took care of her three small children and the house, and had the assistance of a household staff. Thais primarily subscribe to the philosophy of Theravada Buddhism, which is the least "religious" of the world's Buddhist traditions. Meditation, not worship, is the activity of choice: Enlightenment will only come from diligent, consistent meditative practice. No gods exist to help: You have to do it yourself.

I don't remember seeing any of our household meditating, though they probably wouldn't have done so in the middle of making the pad thai for lunch or mowing the lawn. I did know that our servants were adherents of the same philosophy as the mendicant monks we would often see about town, clad in saffron, their wooden begging bowls in hand. My mother explained that the monks lived entirely on the charity of others. Rice was the proper thing to put in their bowls, though a few baht would do also. All Buddhists, she said, whether they were monks or not, tried hard to cultivate kindness and compassion toward all living creatures. So I knew why, when a poisonous lizard was discovered in my parents' bedroom, Eesong the gardener didn't kill it. Instead, he scooped it up on the end of a long stick and carried it out of the house and across the road, with all the other servants clustered on the front stoop, wondering aloud to one another whether Eesong would make it as far as the long grass before the lizard managed to crawl down the stick and bite him.

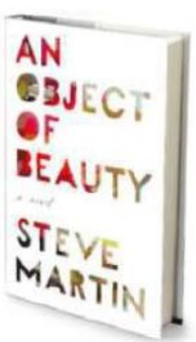
It was an impressive performance, especially since Eesong survived, unbitten. Taken together with those glorious yellow robes, it might have made a little Buddhist of me had we remained in Thailand.

We arrived back in America in the winter of 1967, and when the first snow of winter appeared overnight around our new house in Washington, DC, it was also my first snow (or at least the only snow I could remember).

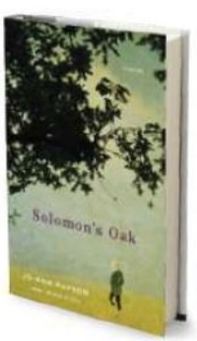
I was aware of what could be done with snow from the picture books my mother had read aloud to us back in Bangkok. I was looking forward to making a snowman. In my brand-new snow pants and boots, I stomped confidently out into the backyard. I had a hazy notion that snowmen were formed from three large balls of snow. Looking about me, I realized I had snow, but no idea how to make the balls. Still, how hard could it be?

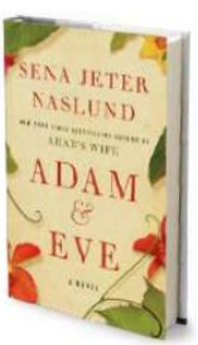
I lay down on my stomach and began to gather as much snow with my arms and new-mittened hands as I could, mashing it against my chest. This was strenuous, and not very successful: I was ending up with chest-sized snow wads, not balls. →

BOOK PICKS









No matter what mood you're in, we have a great book for you

To make you think

An Object of Beauty

By Steve Martin

In this sophisticated tale, the actor/novelist's gaze is on a conniving beauty who scales Manhattan's art world before it dawns on her that in art, as in love, reputation is everything.

To intrigue you

Cleopatra: A Life

By Stacy Schiff

The world has been putting words into Cleopatra's mouth for centuries, says the author; refreshingly, this bio looks beyond the myths and into the realities of Cleo's audacious empire-building.

To warm your heart

Solomon's Oak

By Jo-Ann Mapson

Mapson's empathetic heroine, Glory, is a widow who caters weddings on her farm to make ends meet. Then she meets Juniper, a troubled teen, and together they learn to grieve.

For a wild ride

Adam & Eve

By Sena Jeter Naslund

A plane goes down in Mesopotamia, stranding our heroine in what appears to be a new Eden, complete with Adam. Naslund's speculative brainteaser will keep you guessing.

Frustration was beginning to leak in around the edges of my enthusiasm when I heard a voice.

"What are you doing?"

I stood up and looked around. A little girl in a flowered parka was standing on the other side of the fence that separated our backyard from the neighbors'.

"What does it look like?" I said irritably. "I'm making a snowman."

"Oh," said the little girl.

Trying for an air of confident expertise, I lay down on my stomach again and continued to mash the snow against my chest.

"That's not how you do it," the little girl observed.

"This is how we do it in Thailand." Grimly, I kept scooping and mashing.

"Would you like me to come over and show you?" Pride gave way before fatigue and curiosity: At my assent, Natasha Belfiore climbed over the wire fence, and we made a snowman together. We gave it the traditional carrot nose and then mixed up a bucket of paint from the tempera powder and water my mother kept on hand and painted the snowman saffron yellow.

We have been friends ever since.

Natasha's family was Catholic. Among the few and varied church services I encountered as a child was the Sunday Mass the Belfiores attended at the Church of the Blessed Sacrament. I even took Communion.

Natasha's father was kind when informing me that I wasn't supposed to get in line when the body and blood of Christ were offered, but should remain quietly in my seat. Apparently, being both a Protestant by birth and unbaptized to boot, I wasn't qualified. This was regrettable, as the wafer was pleasantly bland, its texture reminiscent of the food I fed my goldfish. Being offered a small snack partway through the service was a humane gesture, I thought, given all the confusing standing up, sitting down, and kneeling that Catholicism otherwise appeared to consist of.

Mr. Belfiore took these things seriously, however. He had considered entering the priesthood before he met Natasha's mother, and was more religious than anyone I'd ever met.

Because I spent a lot of time at →



the Belfiores', the blessing Mr. Belfiore offered his children whenever they left the house was planted in my memory as well as theirs. Even when Natasha and I were 13 and intent on some adolescent adventure, he always made us pause for his prayer, brushing aside our protests.

"Da-ad...the movie starts in 15 minutes. Come on, Dad, d'you really have to..."

Mr. Belfiore would calmly take his daughter's face between his hands, gaze adoringly at her with the warm brown eyes she had inherited from him, and say:

May the Lord bless and keep you
May the Lord make his face
to shine upon you and be
gracious unto you
May the Lord lift up his countenance
before you
And grant you peace.

We didn't do anything like this in my family. If we had, I suppose I might have taken it for granted or—because I would have attached to this paternal gesture all the tensions and conflicts seething within me—resented it. I'm sure I would have argued with my father's purposes and at some point rejected both his worthiness and his capacity to speak to me of God.

As it was, dancing impatiently on the linoleum in the Belfiores' kitchen, my hand on the handle of their back door, I watched Natasha roll her eyes and submit to this exotic ritual: a father's blessing. I was envious.

Like my mother, I spent my 20s keeping the home fires burning and looking after small children. When my youngest was born, my eldest was 6 (yes, I know: we weren't so good at birth control). I did not have a household staff. So getting everybody up, dressed, fed, and over the threshold in the morning was a major operation.

Assuming everyone who needed one had a clean diaper, and assuming the diapers stayed clean for at least 20 minutes, there were then eight small socks to find (few clean, none matching), at least one bulbous head to rescue from the neckline of a sweater I'd forgotten to unbutton, eccentricities to accommodate (Ellie put her overalls on backward, Zach claimed striped socks hurt his feet), and then



all those snow pants and jackets to zip and snap, little thumbs to prod into the right place in eight little mittens, assuming I could find eight mittens and didn't have to substitute a sock ("...OK, Zach, *not* a striped sock..."), and snow boots to be sure still fit and weren't wet inside. Assuming—and these are assumptions—everyone then made it out the door before someone announced that he or she needed to pee (or just had), everyone still had to be loaded into car seats crunchy with rice-cake crumbs (source of discomfort or serendipitous snack? It depended on the kid). I'd start the car with a sock over my hand, because the steering wheel was cold and I was the one who had gotten stuck without a mitten.

One winter morning, late as usual, I set off with the kids to drive Zach to first grade. We'd driven all the way through town and were about five miles from home when I happened to glance back over my shoulder. The baby's car seat was empty.

I forgot the baby.

Hands trembling, I turned the car around and drove home with extravagant care, lest we all get into a horrible accident, praying the all-purpose, emergency prayer (*OhGodOhGodOhGod*) with minor variations:

Please please please don't let anything bad happen to Woolie...
Oh, God, I'm a terrible mother.
Oh, God, I shouldn't have had four children.
Etc.

Bursting through the back door, I found Woolie lying on a blanket where I'd left her in the middle of the kitchen floor. She was sucking her fingers and kicking her legs. The dog sat beside her, regarding her with a puzzled expression ("Usually they take all their puppies with them...").

Oh, God. Thank God. Thank God. Thank God.

As a police officer's widow, I've had reason to understand the all-important ritual farewell. If I had to do it over again, I would emulate Michael, Meghan, and Mr. Belfiore: I would have a threshold prayer be part of the family routine right from the start. (Who knows? If I had paused to offer a blessing to my children before we →





left the house that morning, I might have noticed one was missing.)

It probably wouldn't have been the prayer Natasha's dad used to say to her, drawing his thumb across her forehead to make a tender cross: *May the Lord bless and keep you...*

That would have sounded way too religious for me then. It definitely sounded too religious for Natasha, who found the Catholic obligations of her childhood onerous. Still, though she is no longer a practicing Catholic or any kind of religious, Natasha admits that her father's threshold blessing felt like love and was love.

Incidentally, I can't claim to have been the rare and saintly person possessed of the endless patience, tolerance, and attention to detail that motherhood demands. Motherhood could demand until it was blue in the face. I was an impatient, disorganized, restless, and resentful mother at least half the time. When my advice is solicited, I recommend against having four children in six years: It's a lot of hard, boring work, and the intense emotional connection I felt to my children too often prompted me to feel overwhelmed and guilty rather than affectionate. A threshold prayer would have "worked" the way the mealtime grace and the bedtime prayers do: by allowing reality to rise and be acknowledged. I don't mean the reality of the backward overalls, the irritation, and the striped socks. I mean the real reality, the truth about who each of us was and what it meant to be living our lives together.

This is how I most often bless my children, even though I didn't start to do it until they were taller than I am, so I have to crane my neck back and peer upward to meet their eyes with mine:

May love and strength be in your hands,
May love and courage be in your heart,
May love and wisdom be in your mind,
May God go with you and work through you,
Today and in all your days. Amen.

It's a very simple blessing, easy to do with children but not too babyish for an adult to receive. Hand motions go along with the words, and you can do these instead of the words if hearing impairments, a noisy environment, or a sore throat precludes spoken prayers.

"May love and strength be in your hands," you'll say, and hold your hands out, palms up. "May love and courage be in your heart," and your hands rest, one atop the other, against your chest. "May love and wisdom be in your mind," and your palms press against your forehead before you raise them in the air and say the last line:

"May God be with you and work through you, today and in all your days."

I taught my friend Ruth this prayer the night her daughter was born: Touch the baby's hands...touch the baby's heart...touch the baby's forehead...hold your palms over the baby: "...today and in all your days, oh, you perfect little cupcake, you yummy little schnoogums."

Perhaps this is a good time to mention that prayers can be adapted, and not just by middle-aged ministers who lose all sense and dignity at the sight of a sweet little baby. Suffice it to say that the word "God" can be replaced with "Christ," "Love," "Peace," or—for *Star Wars* fans—"the Force."

Prayers are not recipes or formulas; they are love poems. They need not be factual, but they must be true.

May all I say
And all I do
Be in harmony with thee
God within me
God beyond me
Maker of the trees
—Iroquois prayer

There are plenty of other prayers that suit that moment on the threshold, even if ain't nobody here can cross it for you and you gotta cross it by yourself.

Day by day, dear God, of Thee
Three things I pray:
To see Thee more clearly,
To love Thee more dearly,
To follow Thee more nearly,
Day by day.

The words of the prayer are attributed to Richard of Chichester. Because I first heard it as a groovy, sixties-era flower child anthem from the musical *Godspell,* the tune inevitably begins to play in my head along with images of long-haired Jesus freaks with tie-dyed dashikis and dazed smiles. Still, it's a good prayer. In fact, like the Serenity Prayer, it's pretty perfect. Once you've said it, you've said everything that needs saying. Stop praying and get going.

One more threshold blessing, for the truly time-challenged:

Vaya con Dios! (Go with God!) ■

Kate Braestrup is a best-selling author and community minister in Maine. Adapted from Beginner's Grace: Bringing Prayer to Life. *Copyright © 2010. Published by permission of Brick House Literary Agents.*





Ad Council

Toni Braxton encourages you to learn the signs of autism at **autismspeaks.org**

Early diagnosis can make a lifetime of difference.

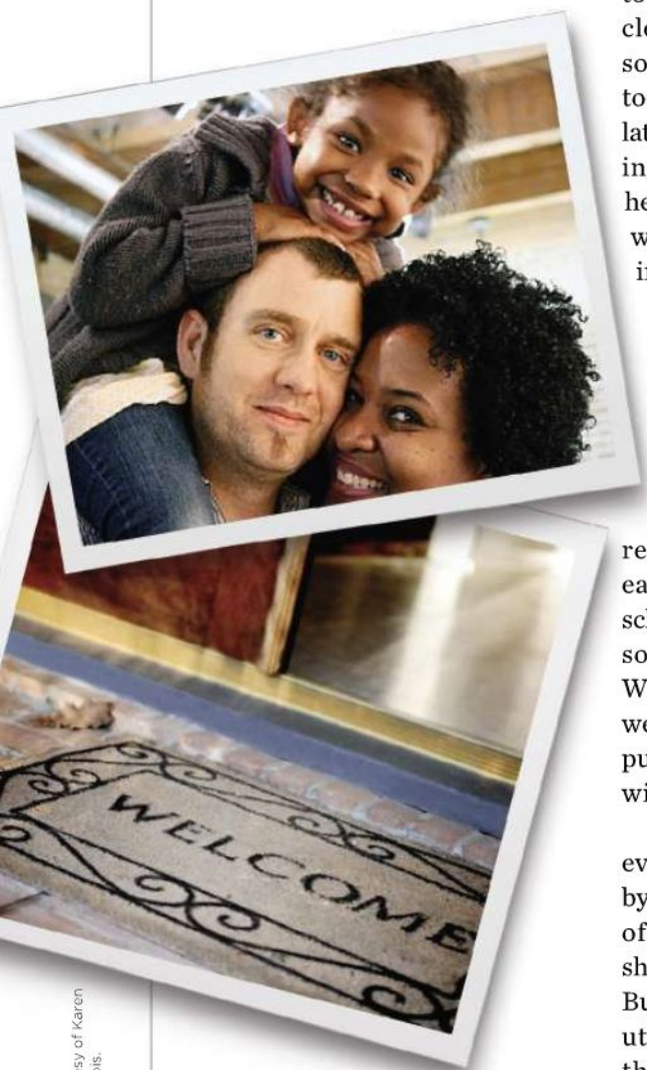
AUTISM SPEAKS
It's time to listen.

© 2010 Autism Speaks Inc. "Autism Speaks" and "It's time to listen" & design are trademarks owned by Autism Speaks Inc. All rights reserved. Courtesy of Sony Music Entertainment.

BLOGGER | KAREN WALROND

Preparations

Savoring, not sweating, this year's holiday to-do list



Karen Walrond, a former lawyer turned digital media consultant, photographer, and writer, lives in Houston with husband Marcus and daughter Alex (above)

Photographs, clockwise from left: courtesy of Karen Walrond (2); Gregor Schuster/Zefa/Corbis.

Soon, my British in-laws will be coming to visit for a month, which means there is a long list of things to do to prepare the house: rooms to clean, linens to put on beds, that sort of stuff. Because my regular to-do list has been exceedingly long lately, I decided that instead of waiting until the night before they got here to start all my preparations, I would do a little bit each day leading up to their arrival.

This is, quite possibly, the best idea I've had in a long time. It's been lovely to take a break from my writing to remove the linens from the dryer, smell their clean scent as I spread the sheets on the guest-room bed, and then return to my work. I left a little early to pick my daughter up from school today, so I could stop and get some fresh gerberas on the way. While I was at the grocery store last week, I bought scented candles to put in the room where my in-laws will be sleeping.

Now, I suspect that I won't finish everything I'd hoped to accomplish by the time they arrive; I can think of a few things—like Christmas shopping for everyone in England! But not waiting until the last minute to at least start preparing for their visit has afforded me a little bit of mindfulness about each act. If I'd waited until the day they came, I frankly might not have considered flowers or candles. Doing a little each day has allowed me to daydream: think about the looks on their faces when they see their son, happy and healthy—not to mention his getting to have a little bit of his family and his homeland around him again. As a native of Trinidad, I didn't grow up celebrating Thanksgiving, but it'll be great to have our usual Trini-English-American dinner at home with extended family. Whether you plan to serve your mother's green bean casserole and candied yams or, in my case, *pelau* (Trini chicken and rice), this gathering is about tradition, home cooking, and *comfort*.

So here's my public service announcement as we start this season's countdown: Rather than freak out about everything that needs to be done (because, I admit, it's terrifying when you think about it in toto), simply add one or two easy things to accomplish to your daily to-do list. Need to buy milk? Grab a packet of cranberries to throw into the freezer, so you'll have them at hand when you're ready to cook your big meal. Going to the pharmacy? Pass by the holiday aisle on the way out to grab some light strings. And then, once you've done your one easy thing, don't think about what else you need to do for the holidays until you make the next day's to-do list.

In other words, take it easy on yourself. Take it slow. Slow works: Little chores may actually start feeling like small acts of love. ■

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland or used with permission.

Libby's
PUMPKIN



LIBBY'S® FAMOUS PUMPKIN PIE

PEOPLE SAVE ROOM FOR ONE THING DURING THE HOLIDAYS. AND IT'S NOT THE TURKEY.



For more than 75 years, LIBBY'S® and CARNATION® have worked together to ensure your holiday is perfect. So carry on a family tradition with a delicious, homemade LIBBY'S® Famous Pumpkin Pie (or two, just in case Grandpa goes for thirds). Visit VeryBestBaking.com

LIBBY'S.® Only homemade tastes this good.™

Nestlé
Good Food, Good Life



Our Thanksgiving Cookbook

Roast Turkey with Giblet Gravy

(also pictured on page 156)

True to its time, our first Thanksgiving menu calls for boiling the turkey—not the best path to a beautiful bird. Here, the dry heat of roasting crisps the bird's skin while keeping the meat moist. Cooking the carrots and onions alongside the turkey intensifies the pan juices, making the Giblet Gravy taste even richer. For a lighter alternative to gravy, try our French-inspired Red Wine Jus.

Active time 35 minutes
Total time 4 hours
Makes 14 main-dish servings

ReciTip If you're making the Red Wine Jus variation, and you don't make the Simple Turkey Stock, substitute lower-sodium chicken broth and discard the turkey giblets and neck.

- **1 (14- to 16-lb.) fresh or frozen (thawed) turkey, giblets and neck removed**
- **1 lb. carrots, cut into 2-in. chunks**
- **3 med. onions (6 to 8 oz. each), cut into 1-in. wedges**
- **12 sprigs fresh thyme**
- **1 Tbsp. dried rosemary**
- **Salt and pepper**
- **Simple Turkey Stock (page 200)**
- **½ c. all-purpose flour**
- **Rosemary, lemon and bay leaves, and apples and pears, for garnish**

1. Roast turkey: Preheat oven to 325°F. Rinse turkey inside and out with cold running water and drain well; pat dry with paper towels. Place turkey, breast side up, in large roasting pan. Fold wing tips under back of turkey. Scatter half of carrots, half of onions, and half of thyme in pan around turkey.

2. In small bowl, combine dried rosemary, 2 teaspoons salt, and 1 teaspoon freshly ground black pepper. Rub half of herb mixture inside body and neck cavities; rub remaining herb mixture all over outside of turkey. Place remaining carrots, onions, and thyme in body and neck cavities. Fold neck skin under back of turkey; secure drumsticks together with band of skin, stuffing clamp, or kitchen string.

3. Cover turkey with loose tent of foil; roast 2½ hours. Remove foil, and roast about 1½ hours longer. Baste with pan drippings every 30 minutes. Turkey is done when temperature on meat thermometer, inserted into thickest part of thigh next to body (not touching bone), reaches 175° to 180°F and breast temperature reaches 165°F. (Internal temperature of turkey will rise 5°F to 10°F upon standing.)

4. When turkey is done, carefully lift from roasting pan and tilt slightly to allow juices to run into pan. Place turkey on large platter; cover loosely with foil to keep warm.

5. Strain pan drippings through fine mesh sieve into 4-cup fat separator, liquid measuring cup, or large bowl. Let drippings stand 1 minute to allow fat to separate from meat juices.

6. Prepare gravy: Reserve onions from pan; discard carrots and thyme. Spoon ¼ cup turkey fat into pan; discard remaining fat. Add enough Simple Turkey Stock to drippings to equal 6 cups total. Finely chop reserved onions and giblets.

7. Place roasting pan over 2 burners on top of range. Add onions and giblets and cook on medium 2 minutes or until lightly browned, using wooden spoon to scrape up browned bits from pan. Add flour and cook 2 minutes, stirring constantly. Add reserved pan drippings and stock in slow, steady stream, stirring constantly. Heat to boiling on medium-high. Reduce heat to medium-low; simmer 13 minutes or until thickened, stirring frequently. Makes about 6 cups gravy.

8. Garnish turkey platter with rosemary, lemon and bay leaves, and fruit, if you like. Pour gravy into gravy boat and serve with turkey. →

Click Here Try something new tonight! Search thousands of easy, delicious, triple-tested recipes at goodhousekeeping.com/recipefinder

Photographs by KATE SEARS. Food styling by Anne Disrude. Prop styling by Marcus Hay for patbatesandassociates.com.

EACH SERVING TURKEY WITHOUT SKIN OR GRAVY About 310 calories, 54 g protein, 0 g carbohydrate, 9 g total fat (3 g saturated), 0 g fiber, 142 mg cholesterol, 385 mg sodium.

EACH SERVING GRAVY About 75 calories, 2 g protein, 5 g carbohydrate, 5 g total fat (1 g saturated), 0 g fiber, 12 mg cholesterol, 115 mg sodium.

Roast Turkey with Red Wine Jus

Prepare Turkey as above, but omit flour and steps 6 and 7. Discard onions, carrots, and thyme from pan. In another measuring cup, measure enough Simple Turkey Stock so that drippings plus stock equal 5 cups total. Place roasting pan over 2 burners on top of range. Cook remaining bits in pan 2 minutes on medium-high or until browned and crackling. Add 1½ cups dry red wine (such as Beaujolais or Pinot Noir) and simmer 3 to 5 minutes on medium or until reduced by half, stirring and scraping up browned bits from pan. Add stock and return mixture to a simmer. Simmer 5 to 7 minutes or until reduced by a third. In cup, stir 2 tablespoons cornstarch and 2 tablespoons water until cornstarch dissolves. Stir drippings into pan and heat to simmering. Stir in cornstarch mixture and simmer 1 minute. Strain through fine-mesh sieve. Makes about 5 cups jus.

EACH SERVING RED WINE JUS About 10 calories, 0 g protein, 1 g carbohydrate, 0 g total fat, 0 g fiber, 0 mg cholesterol, 45 mg sodium.

Simple Turkey Stock

Gravy whipped up with store-bought chicken broth is a sanity saver on time-is-tight nights, but Thanksgiving is the one time of year to bypass premade in favor of homemade. The full-bodied flavor of from-scratch turkey stock, like the 1896 recipe we based this on, can't be compared with that of canned, and it almost cooks itself—let it slowly simmer while you prep the rest of the meal, then use as the base for our Giblet Gravy.

Active time 10 minutes
Total time 1 hour 15 minutes
Makes 6 cups

- 6 c. water
- 4 lg. stalks celery, coarsely chopped
- 1 lg. onion (10 to 12 oz.), coarsely chopped
- 1 bay leaf
- Giblets and neck from 1 (14- to 16-lb.) fresh or frozen (thawed) turkey, excluding liver
- Salt

1. In 4-quart saucepan, place water, celery, onion, and bay leaf. Cover and heat to boiling on high. Add giblets, neck, and ¼ teaspoon salt. Reduce heat to medium-low. Cover and simmer 1 hour.
2. Strain stock through fine-mesh sieve into large bowl. Discard vegetables, reserving and refrigerating giblets if making Giblet Gravy. Cover and refrigerate stock until ready to use, up to 3 days.

EACH ½-CUP SERVING About 15 calories, 1 g protein, 0 g carbohydrate, 1 g total fat (0 g saturated), 0 g fiber, 1 mg cholesterol, 80 mg sodium.

Crisp Corn Breadsticks

Cornmeal has been a constant in GH from our earliest days—in 1907 we featured it in a pudding—and through the years it has made its appearance in many guises, including that of sticks baked in corn-shaped molds. This year we combined it with a generous grating of Pecorino Romano to create these slender cornmeal-cheese sticks with a crisp, crackery crunch. Show off their slimness by serving the breadsticks bouquet-style, in an elegant glass or julep cup.



Active time 35 minutes
Total time 1 hour 5 minutes
Makes 2 dozen

- ¾ c. warm water (110° to 115°F)
- 1 envelope rapid-rise yeast (2 tsp.)
- 1⅓ c. all-purpose flour
- ½ c. stone-ground (fine) yellow cornmeal
- 1½ oz. Pecorino Romano cheese, finely grated (½ c.)
- Salt and pepper
- 2 Tbsp. olive oil

1. Preheat oven to 375°F. Line 2 large cookie sheets with parchment paper.
2. In small bowl, combine water and yeast. Let yeast mixture stand 10 minutes or until foamy.
3. Meanwhile, in large bowl, with fork, stir flour, cornmeal, Pecorino, ¼ teaspoon salt, and ¼ teaspoon freshly ground black pepper. Add oil to yeast mixture, then stir into flour mixture until evenly moistened and large clumps form. Press mixture into ball and knead until smooth and slightly elastic. Return dough to bowl, cover with plastic wrap or kitchen towel, and let rise 10 minutes.
4. Cut dough in half. On work surface, roll 1 piece into 6-in. log; keep remaining piece covered. Cut log crosswise into twelve ½-in. pieces. Roll each piece into a long stick, ¼ inch in diameter. Repeat with remaining dough, keeping sticks covered with plastic wrap.
5. Place sticks on cookie sheets, ½ inch apart, and bake 20 to 22 minutes or until golden brown and crisp, rotating cookie sheets between upper and lower racks halfway through baking.
6. Cool on wire racks. Breadsticks can be kept in an airtight container at room temperature up to 3 days.

EACH SERVING About 50 calories, 2 g protein, 7 g carbohydrate, 2 g total fat (1 g saturated), 1 g fiber, 2 mg cholesterol, 45 mg sodium.

Blue Cheese–Stuffed Celery

Stuffed celery first appeared on our 1912 Thanksgiving menu, but it was the November 1953 story, "Super Stuffed Celery," that wowed us with its wide variety of mid-century mix-and-match fillings—everything →

© ConAgra Foods, Inc. All Rights Reserved.



McCormick®

Live deliciously™



Delicious turkey

Perfectly seasoned

Celebrate every bite

McCormick® Sage-Rubbed Roasted Turkey

Makes 12 servings

Prep Time: 15 minutes
Cook Time: 3 ½ hours

1 whole turkey (12 to 14 lb.), fresh or frozen, thawed
1 tbsp. vegetable oil
2 tbsp. **McCormick Rubbed Sage**
1 tbsp. **Lawry's® Seasoned Salt**
2 tsp. **McCormick Paprika**
1 ½ tsp. **McCormick Garlic Powder**
1 tsp. **McCormick Ground Black Pepper**

PLACE turkey on rack in roasting pan. Brush with oil. Mix seasonings. Sprinkle 1 tablespoon of the seasoning inside turkey. Spread remaining seasoning over entire surface and under skin of turkey. Add ½ cup water to pan. Cover loosely with heavy duty foil.

ROAST in preheated 325°F oven 1 hour. Remove foil. Roast 2 to 2 ½ hours longer or until internal temperature reaches 165°F (175°F in thigh), basting occasionally with pan juices. Remove turkey from oven. Let stand 20 minutes before slicing. Reserve pan juices to make gravy.

For the Roasted Sweet Potatoes and other holiday recipes, visit mccormick.com



The Taste You Trust®

©2010 McCormick & Co., Inc.

from pickles to pineapple to sardines. Here, we loaded the stalks with savory blue cheese and low-fat cream cheese, then garnished with golden Calimyrna figs for a can't-miss savory-sweet combo.

Active time 20 minutes
Total time 25 minutes, plus chilling
Makes 24 pieces

- **4 oz. blue cheese**
- **2 oz. reduced-fat cream cheese (Neufchâtel), softened**
- **2 Tbsp. whole milk**
- **Pepper**
- **9 stalks celery hearts, cut into 3-in. pieces**
- **½ c. dried Calimyrna figs, chopped**
- **1 Tbsp. pure honey**
- **Snipped chives, for garnish**

1. In medium bowl, with mixer on high speed, beat blue cheese and cream cheese until smooth. Add milk and ¼ teaspoon freshly ground black pepper. Beat until well combined. Cover and refrigerate 30 minutes or up to 2 hours.
2. Transfer cheese mixture to heavy-duty quart-size resealable plastic bag with one corner cut to form ½-in. hole. Pipe cheese mixture down centers of celery pieces. Top with figs and lightly drizzle with honey. Garnish with chives.

EACH SERVING About
35 calories, 2 g protein, 3 g carbohydrate, 2 g total fat (1 g saturated), 1 g fiber, 5 mg cholesterol, 85 mg sodium.



Mesclun with Pears & Pumpkin Seeds

Throughout the 1990s, we kept current with the California-cuisine craze of slicing pears into fall salads. And for good reason: The fruit's honeyed juiciness partners perfectly with greens. Instead of the pecans found in our 1996 recipe, we've swapped in toasted pumpkin seeds, or pepitas, a supermarket staple in recent years.

Total time 10 minutes
Makes 12 side-dish servings

ReciTip You can combine the dressing and pears up to 1 hour before serving to prevent the sliced pears from turning brown. When ready to serve, toss with the greens, pumpkin seeds, and seasonings.

- **¼ c. pumpkin seeds (pepitas)**
- **3 Tbsp. apple cider vinegar**
- **1 Tbsp. Dijon mustard**
- **2 tsp. pure honey**
- **¼ c. extra virgin olive oil**
- **3 ripe red pears, cored and thinly sliced**
- **2 pkgs. (5 oz. each) mixed baby greens**
- **Salt and pepper**

1. In skillet, heat pumpkin seeds on medium 2 to 3 minutes or until toasted and some start to pop. Cool completely. Toasted seeds can be stored in airtight container up to 1 week.
2. In small bowl, with wire whisk, stir vinegar, Dijon, and honey until blended. Continue whisking and add oil in slow, steady stream. Whisk until well blended and emulsified. Dressing can be made ahead. Cover tightly and refrigerate up to 3 days.
3. In large bowl, combine sliced pears, greens, toasted pumpkin seeds, dressing, ¼ teaspoon salt, and ¼ teaspoon freshly ground black pepper. Toss until evenly coated.

EACH SERVING About
100 calories, 1 g protein, 9 g carbohydrate, 7 g total fat (1 g saturated), 2 g fiber, 0 mg cholesterol, 85 mg sodium.

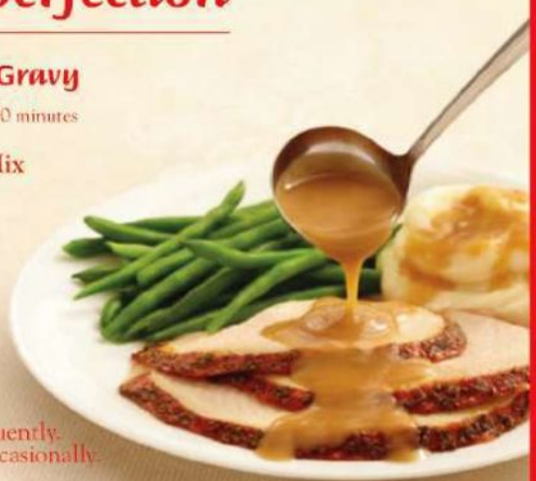


Top it off with perfection

McCormick® Perfect Turkey Gravy

Prep Time: 5 minutes Cook Time: 10 minutes

2 pkg. McCormick Turkey Gravy Mix
¼ cup flour
3 cups cold water
1 cup turkey pan drippings or turkey broth



MIX Gravy Mix and flour in large saucepan. Gradually stir in water and turkey drippings with wire whisk until smooth.

COOK on medium-high heat until gravy comes to boil, stirring frequently. Reduce heat to low; simmer 5 minutes or until thickened, stirring occasionally. (Gravy will continue to thicken upon standing.) Makes 15 servings.

For more great-tasting recipes, visit mccormick.com

©2010 McCormick & Co., Inc.

McCormick
Live deliciously™


Who Would You Bake Some Love for?
The last time my son had his best friend sleep over, they decided to bravely "camp out" in the living room. I waited until they set up camp, then surprised them with a batch of Toll House® cookies. They loved it! Now I make sure I have it in the fridge for every sleepover.
Nestlé
TOLL HOUSE
Chocolate Chip
100% REAL CHOCOLATE
Nestlé
Good Food, Good Life
Share your stories and read others at TOLLHOUSE.COM
AMERICA'S FAVORITE CHOCOLATE CHIP COOKIE
Nielsen. Based on 2009 Grocery Dollar Sales.
All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland.



Chestnut-Parsnip Soup

(also pictured on page 159)

If you attempted the 1899 rendition of this recipe, you'd be roasting chestnuts over an open fire. That might sound romantic, but it's a painstaking process you can thankfully skip in 2010—and luckily, prepackaged chestnuts have as much flavor as flame-cooked ones. Puree with a potato and two pounds of parsnips for a silky, satisfying soup.

Active time 30 minutes
Total time 40 minutes
Makes 12 appetizer servings

ReciTip If the cores of the parsnips are tough and woody, cut out and discard them.

- 1 jar (14 oz.) peeled roasted chestnuts
- 1 Tbsp. plus 1 tsp. margarine or butter
- 2 lbs. parsnips, peeled and chopped
- 1 lg. onion (10 to 12 oz.), finely chopped
- 1 med. all-purpose potato, peeled and chopped
- 3 c. lower-sodium chicken broth
- 4 c. water
- 2 Tbsp. pure honey
- Salt and pepper
- ¼ c. reduced-fat sour cream
- Snipped chives, for garnish

1. Cut 12 whole chestnuts in half and reserve. Chop remaining chestnuts.
2. In 6- to 7-quart saucepot, melt 1 tablespoon margarine on medium-high. Add parsnips, onion, potato, and chopped chestnuts. Cook 2 to 3 minutes or until golden, stirring. Add chicken broth and water. Heat to boiling. Reduce heat to low; cover and simmer 20 minutes or until vegetables are tender.
3. Meanwhile, in 1- to 2-quart saucepan, combine honey and remaining teaspoon margarine. Cook on medium until bubbling. Add chestnut halves and cook 5 to 7 minutes or until glazed, gently turning occasionally to evenly coat.
4. Working in batches, carefully ladle parsnip mixture into blender. Cover, with center part of blender cover removed to allow steam to escape (drape with clean kitchen towel to avoid splatter), and blend until smooth. (Blended soup can be covered and refrigerated up to 1 day.) Place blended soup in saucepot and reheat on medium-low until hot, adding additional water if you prefer a thinner soup. Stir in ½ teaspoon salt and ¼ teaspoon freshly ground black pepper.
5. Divide soup among serving bowls. Swirl 1 teaspoon sour cream into each portion. Garnish with glazed chestnut halves and snipped chives.

EACH SERVING About 180 calories, 3 g protein, 37 g carbohydrate, 3 g total fat (1 g saturated), 5 g fiber, 3 mg cholesterol, 235 mg sodium.

Cranberry Port Gelée

For the past 75 years, ever since cans of jellied cranberry sauce first showed up on grocery shelves, millions of Americans have slid the ridged, ruby-red condiment directly into a →







THERE'S A CROCK-POT® SLOW COOKER
FOR EVERY GENERATION.





2010 Sunbeam Products, Inc. doing business as Jarden Consumer Solutions. All rights reserved.

CROCK-POT®
THE ORIGINAL SLOW COOKER

For recipes go to crockpot.com

AND YOURS HAS ARRIVED.

For over 35 years, there has been only one name in slow cooking. Crock-Pot® Slow Cookers inspire entertaining, family dinners, special days and everyday. With stunning looks, smart features and modern cooking controls, dinner is ready when you are.

Find us on Facebook

dish and onto the Thanksgiving table. That iconic image—and our 1972 Molded Cranberry Salad—inspired this fresh, from-scratch version, which can be prepared three days ahead. Jiggly and jewel-colored, it gets its depth of flavor from allspice and a cup of Port.

Active time 10 minutes
Total time 25 minutes plus chilling
Makes 12 side-dish servings

- 2 bags (12 oz. each) cranberries (6 c.), picked over
- 1¾ c. sugar
- 2 whole allspice, cracked
- 1 cinnamon stick
- 3 c. cold water
- 1 c. ruby Port
- 3 envelopes (¼ oz. each) unflavored gelatin
- Vegetable oil, for greasing mold

1. In 5- to 6-quart saucepot, combine cranberries, sugar, allspice, cinnamon, 2⅓ c. water, and ¾ c. Port. Heat to boiling on high, stirring. Reduce heat to medium-low and simmer 12 to 14 minutes or until almost all cranberries pop.
2. Meanwhile, pour remaining ⅓ cup water into small bowl; sprinkle evenly with gelatin. Let stand 10 minutes or until softened. Lightly grease 6-cup decorative mold.
3. Pour cranberry mixture through fine-mesh sieve into large bowl, pressing hard on solids to extract all liquid. Stir in softened gelatin until dissolved, then stir in remaining ¼ cup Port.
4. Pour mixture into mold and refrigerate at least overnight and up to 3 days. To unmold, place serving plate on top of mold. Invert plate and mold together, then carefully lift mold. If gelée sticks, dip mold in large bowl of hot water 5 seconds, being careful not to let water get into mold. Invert as directed above.

EACH SERVING About 190 calories, 2 g protein, 48 g carbohydrate, 0 g total fat, 0 g fiber, 0 mg cholesterol, 5 mg sodium.

Citrus-Apricot Cranberry Sauce

(also pictured on page 157)

Orange juice and apricots, fruits that were uncommon in most kitchens when this recipe ran in 1887, temper the tang of the cranberries in this easier-than-it-seems side—a single saucepan and some simmering is all it takes.

Active time 5 minutes
Total time 20 minutes
Makes 3 cups

- 1 lemon
- ½ c. dried apricots, chopped
- ½ c. orange juice
- ½ c. sugar
- ½ c. water
- 2 whole star anise
- Pepper
- 1 bag (12 oz.) cranberries (3 c.), picked over

1. With vegetable peeler, remove all peel from lemon in strips and squeeze 2 tablespoons juice.
2. In 2- to 3-quart saucepan, stir together apricots, orange juice, sugar, water, star anise, lemon juice, and ⅛ teaspoon freshly ground black pepper. Heat to boiling on medium-high, stirring occasionally.
3. To saucepan, add cranberries and lemon peel. Return to boiling. Reduce heat to medium; simmer 3 to 4 minutes or until half of cranberries pop and mixture thickens. Let cranberry sauce cool before serving, or cover and refrigerate up to 4 days. Discard star anise and lemon peel before serving, if you like.

EACH ¼-CUP SERVING About 65 calories, 0 g protein, 17 g carbohydrate, 0 g total fat, 1 g fiber, 0 mg cholesterol, 0 mg sodium.



DINNER-SOLVED.



DOWNLOAD NOW!

Plan meals while you grocery shop. Search over 800 recipes at the touch of a button. Get a customized shopping list right on your iPhone. And do it all – FREE!



Snap a picture of the tag.
Get the free tag reader at http://gettag.mobi

CROCK·POT
THE ORIGINAL SLOW COOKER



Make one big hungry family
one big happy family.



Whip up delicious new family favorites. All with Hungry Jack.®
You'll find great recipes for every meal at UseUpTheBox.com.
You won't have to call them to the table twice.

Everybody's *happy* when it's Hungry Jack.®

©/® The J.M. Smucker Company



Creamed Caramelized Pearl Onions

From our original recipe for creamed onions in 1899 to a classic casserole in 1959, the coming together of cream and onions has appeared again and again in *Good Housekeeping*. To contemporize this time-tested twosome, we slimmed down the sauce with reduced-fat milk and switched to frozen pearl onions. Convenient because they're already peeled, they develop a deep richness when they caramelize that's worlds apart from our past boiled-onion dishes.

Active time 10 minutes
Total time 30 minutes
Makes 12 side-dish servings

- **2 bags (16 oz. each) frozen pearl onions**
- **3 Tbsp. margarine or butter**
- **2 Tbsp. all-purpose flour**
- **2 c. reduced-fat (2%) milk**
- **3 sprigs fresh thyme**
- **1 bay leaf**
- **⅛ tsp. freshly ground nutmeg**
- **Salt and pepper**

1. In 12-in. skillet, cook frozen onions on medium-high 18 to 20 minutes or until liquid releases and then evaporates and onions brown, stirring occasionally. Add margarine; reduce heat to medium-low. Cook 4 minutes or until onions are tender, stirring and scraping pan occasionally.

2. Add flour; cook 1 minute, stirring. Add milk in slow, steady stream, stirring constantly. Add thyme and bay leaf; heat to boiling on medium, stirring occasionally. Simmer 5 minutes or until mixture is creamy and thickened, stirring.

3. Season with nutmeg, ½ teaspoon salt, and ¼ teaspoon freshly ground black pepper. Remove and discard thyme and bay leaf. Serve hot.

EACH SERVING About 75 calories, 2 g protein, 8 g carbohydrate, 4 g total fat (1 g saturated), 1 g fiber, 3 mg cholesterol, 160 mg sodium.

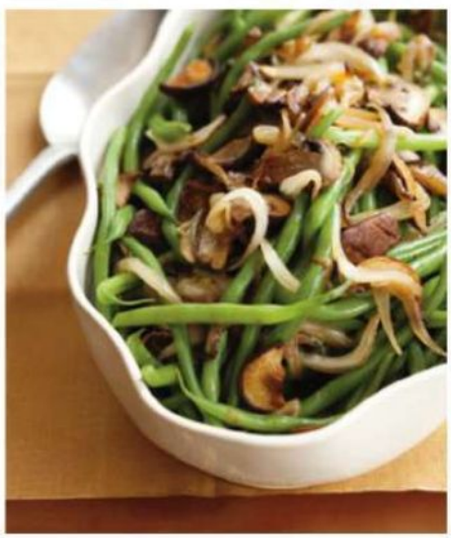
Green Beans with Mixed Mushrooms

(also pictured on page 158)

It may be America's nostalgic go-to, but green bean casserole—with its frozen beans, french-fried onions, and canned cream of mushroom soup—didn't earn its fame, or a place in our past pages, for its farm-to-fork freshness. This simple side borrows the casserole's basic flavors, but gives them grabbed-from-the-garden goodness: Made with firm, field-picked beans, thin-sliced onions, and earthy criminis and shiitakes, it's almost as easy as its packaged predecessor.

Active time 30 minutes
Total time 45 minutes
Makes 12 side-dish servings

- **2 Tbsp. olive oil**
- **4 sprigs fresh thyme** →



Turn hungry into happy.



Peach Melba Crepes



Make-Ahead Party Mashed Potatoes



Turkey Burger Sliders

For these and more great recipes, visit
UseUpTheBox.com



TWO WEEKS TO HEALTHIER GUMS.



Help reverse gingivitis in as little as two weeks.

Simply use Oral-B Glide Pro-Health Clinical Protection Floss as part of your complete dental routine.

Oral-B Glide PRO-HEALTH

© Procter & Gamble, Inc., 2010

- 2 lg. onions (10 to 12 oz. each), thinly sliced
- 1 clove garlic, crushed with press
- 8 oz. cremini mushrooms, thinly sliced
- 4 oz. shiitake mushrooms, stems discarded, thinly sliced
- Salt and pepper
- 3 lbs. green beans, trimmed

1. Heat covered 7- to 8-quart saucepot of water to boiling on high.
2. Meanwhile, in 12-in. skillet, heat oil on medium-high. Add thyme and onions; cook 10 to 12 minutes or until browned and very tender, stirring occasionally. Stir in garlic and cook 1 minute. Add mushrooms and cook 5 minutes or until tender, stirring occasionally. Stir in ½ teaspoon salt and ½ teaspoon freshly ground black pepper. Remove and discard thyme.
3. Add green beans and 2 teaspoons salt to boiling water. Cook, uncovered, 8 to 9 minutes or until tender, stirring occasionally. Drain and rinse with cold water. If making ahead, transfer mushroom mixture to medium bowl. Cover; refrigerate up to overnight. Transfer beans to resealable plastic bag; refrigerate up to overnight.
4. When ready to serve, return green beans to saucepot and add mushroom mixture, stirring to combine. Cook on medium until beans are heated through, stirring occasionally.

EACH SERVING About 80 calories, 3 g protein, 14 g carbohydrate, 3 g total fat (0 g saturated), 4 g fiber, 0 mg cholesterol, 125 mg sodium.

Cornbread Stuffing

(also pictured on page 158)

This sage-seasoned side is a country-spanning convergence of culinary classics: our 1954 "Down South" stuffing, bread pudding, and spoon bread. Sautéed celery and onions are baked right into the cornbread, which is combined with three cups of whole milk along with white bread for a dish as moist as it is memorable.

Active time 20 minutes
Total time 1 hour 40 minutes plus cooling
Makes 12 side-dish servings

Cornbread

- 4 Tbsp. margarine or butter
- 3 stalks celery, finely chopped
- 1 lg. red onion (10 to 12 oz.), finely chopped
- 1 Tbsp. fresh sage leaves, finely chopped
- 1 c. all-purpose flour
- 1 c. yellow cornmeal
- 2 Tbsp. sugar
- 2½ tsp. baking powder
- ¼ tsp. baking soda
- ¼ tsp. salt
- 1½ c. buttermilk
- 2 lg. eggs

Stuffing

- 3 c. whole milk
- 4 lg. eggs
- 1 c. coarse fresh white bread crumbs (from 1 to 2 slices)
- Salt and pepper

1. Prepare Cornbread: Preheat oven to 450°F. In 12-in. cast iron or other heavy oven-proof skillet, melt margarine on medium-high. Add celery and onion and cook 3 to 4 minutes or until just tender. Remove from heat; stir in sage.
2. Meanwhile, in large bowl, with wire whisk or fork, stir together flour, cornmeal, sugar, baking powder, baking soda, and salt. In medium bowl, whisk buttermilk and eggs until well blended.
3. Pour buttermilk mixture into flour mixture. Stir just until blended. Add celery mixture and stir until evenly combined; do not wipe out skillet.



4. Grease same skillet. Pour batter into skillet and spread evenly. Bake 20 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes. Invert onto wire rack; remove from pan and let cool completely. Cornbread can be wrapped tightly in plastic wrap and kept for up to 3 days at room temperature.
5. Prepare Stuffing: Preheat oven to 350°F. Grease shallow 3-quart ceramic or glass baking dish.
6. In large bowl, whisk milk and eggs until well blended. Finely chop cooled cornbread. Transfer to bowl with milk mixture, along with bread crumbs, ½ teaspoon salt, and ½ teaspoon freshly ground black pepper. Stir until well combined.
7. Transfer to prepared baking dish and cover with foil. Bake Stuffing 35 minutes. Uncover and bake 35 minutes longer or until toothpick inserted comes out with only a few crumbs attached.

EACH SERVING About 245 calories, 9 g protein, 30 g carbohydrate, 10 g total fat (3 g saturated), 2 g fiber, 113 mg cholesterol, 445 mg sodium.

Herbed Oyster Stuffing

(also pictured on page 161)

When *Good Housekeeping* launched in 1885, America was enjoying an all-out oyster boom—the bivalves were so affordable and available, they appeared in GH's everyday recipes, from a stew in 1888 to a soufflé in 1904. This former staple is now steeply priced, but a little goes a long way—just a cup completely transforms the stuffing's taste. To amp up the oysters' brininess even more, we mixed in slices of smoky, salty bacon. Remember to reserve the oyster liquid for an extra boost of flavor.

Active time 25 minutes
Total time 2 hours 30 minutes
Makes 12 side-dish servings

ReciTip If you do not have 1 cup of liquid from the shucked oysters, you can add Simple Turkey Stock (page 200) or lower-sodium chicken broth to make 1 cup liquid total.



- **1 lb. French country bread, cut into ½-in. cubes (12 c.)**
- **6 stalks celery**
- **4 lg. shallots (2 to 3 oz. each)**
- **4 cloves garlic**
- **2 Tbsp. fresh thyme leaves**
- **½ c. packed fresh flat-leaf parsley leaves**
- **3 slices thick-cut bacon**
- **1 c. shucked oysters with 1 c. of their liquid**
- **¼ c. margarine or butter**
- **Pepper**

1. Preheat oven to 350°F. In 18" by 12" jelly-roll pan, spread bread evenly. Bake 30 minutes or until golden brown and crisp, stirring once. Cool completely and transfer to large bowl.
2. Meanwhile, finely chop celery, shallots, garlic, thyme, and parsley. Cut bacon crosswise into ¼-in. pieces. Coarsely chop oysters, cover, and refrigerate until ready to use. With fine-mesh sieve, strain oyster liquid into liquid measuring cup (you should have 1 cup); cover and refrigerate until ready to use. Generously grease 3-quart shallow glass or ceramic baking dish.
3. In 12-in. skillet, cook bacon on medium 8 minutes or until browned and crisp, stirring occasionally. With slotted spoon, transfer to bowl with bread. Drain all but 2 tablespoons fat from skillet.
4. To skillet, add celery and shallots. Cook on medium 5 minutes or until just tender, stirring occasionally. Transfer to bowl →



©2009 McCormick & Co., Inc.

SPICES FOR HEALTH

McCormick®

Introduce ANTIOXIDANTS to an all-time favorite.

OREGANO, ONE OF THE MCCORMICK® 7 SUPER SPICES, ADDS ANTIOXIDANTS TO CLASSIC GRILLED CHEESE. PREPARE THIS FAVORITE WITH MOZZARELLA, TOMATO AND ¼ TEASPOON OF OREGANO.



THE MCCORMICK 7 SUPER SPICES ARE DELICIOUS SOURCES OF NATURAL ANTIOXIDANTS. OREGANO, ONE OF THE 7, ISN'T JUST ANOTHER PRETTY LEAF. FLAVORFUL AND AROMATIC, IT HAS ONE OF THE HIGHEST ANTIOXIDANT LEVELS OF ALL THE DRIED HERBS. JUST ½ TEASPOON HAS AS MANY ANTIOXIDANTS AS 3 CUPS OF FRESH SPINACH.



FOR MORE INFORMATION, RECIPES AND TIPS VISIT SPICESFORHEALTH.COM

Recipes in This Issue

HEALTHY IN A HURRY

49 Pork & Gingered Apples

GOOD BUZZ

64 Alton Brown's Harvest Stew

GOOD FOOD

179 Express Lane: Veggie Frittata

180 Five Ideas for...Canned Pumpkin (Chicken Peanut Stew, Pumpkin Cinnamon Muffins, Sausage & Pumpkin Pasta, Spiced Pumpkin Mash, Velvety Pumpkin Soup)

183 Healthy Makeover: Tiramisu

184 DIY: Chocolate Almond Clusters

OUR THANKSGIVING COOKBOOK

200 Blue Cheese–Stuffed Celery

216 Brown Sugar Pecan Pie

205 Chestnut-Parsnip Soup

207 Citrus-Apricot Cranberry Sauce

210 Cornbread Stuffing

205 Cranberry Port Gelée

209 Creamed Caramelized Pearl Onions

200 Crisp Corn Breadsticks

199 Giblet Gravy

209 Green Beans with Mixed Mushrooms

211 Herbed Oyster Stuffing

203 Mesclun with Pears & Pumpkin Seeds

216 New World Succotash

222 Pastry for 9-Inch Pie

214 Potato–Celery Root Mash

223 Pumpkin Crème Caramel

200 Red Wine Jus

199 Roast Turkey

200 Simple Turkey Stock

219 Spiced Apple Pie

213 Sweet Potatoes with Marshmallow Meringue

Key 30 minutes or less Heart-healthy Low-calorie Make-ahead

with bread. In same skillet on medium, melt margarine. Add garlic and thyme and cook 1 to 2 minutes or until fragrant and golden, stirring. Transfer to bowl with bread, along with parsley, oysters, oyster liquid, and ¼ teaspoon freshly ground black pepper. Stir until well mixed.

5. Transfer stuffing to prepared baking dish and spread in even layer. Cover with foil and bake 30 minutes. Uncover and bake 20 minutes longer or until top is golden brown.

EACH SERVING About 225 calories, 8 g protein, 26 g carbohydrate, 10 g total fat (2 g saturated), 2 g fiber, 27 mg cholesterol, 420 mg sodium.

Sweet Potatoes with Marshmallow Meringue

(also pictured on page 161)

Sweet potatoes, a GH menu mainstay since 1899, return to their roots in this recipe: The autumnal veggies are seasoned simply with maple syrup, brown sugar, and allspice. To modernize the dish, we microwaved the potatoes before mashing and topped them with meringue mounds—a less-sugary substitute for the mini marshmallows made popular in the 1950s.

Active time 30 minutes
Total time 50 minutes plus cooling
Makes 12 side-dish servings

3 lbs. sweet potatoes
2 Tbsp. pure maple syrup →



SPICES FOR HEALTH McCormick

FAVORITE FOODS meet the 7 SUPER SPICES



OREGANO
CINNAMON
GINGER
RED PEPPER
ROSEMARY
THYME
TURMERIC

Delicious
CONCENTRATED SOURCES OF NATURAL ANTIOXIDANTS.

FOR MORE INFORMATION, RECIPES AND TIPS VISIT SPICESFORHEALTH.COM

©2009 McCormick & Co., Inc.

Our Triple-Test Promise

GHRI TESTED

At *Good Housekeeping,* we want to make sure that every recipe we print works in any oven, with any brand of ingredient, no matter what. That's why, in our test kitchens **at the Good Housekeeping Research Institute, we go all out: We test each recipe at least three times**—and, often, several more times after that. Here's our system:

1 When a recipe is in the rough-draft stage, one member of our team prepares the dish and presents it to the food department. We decide whether or not it meets our high standards of deliciousness and works as written—but that's just the beginning. The recipe also needs to be **family-friendly, healthful, and easy to make.** For example, weeknight dinners can't take longer than 30 minutes to prepare.

2 The recipe is tested several more times **to fine-tune the flavor and ease of preparation,** always by the same team member, using the same equipment. Once this is done, the recipe is edited for clarity.

3 Another team member follows the recipe as written, **varying the brands of ingredients and kinds of equipment.** (She may do this several times—using Hunt's tomatoes on one trial run and Del Monte the next; an electric stove instead of gas; a lighter-weight pan.) One important exception: All microwave tests are done in 1,000-watt ovens. If your microwave has a different wattage, you may need to adjust the cooking time.

4 A third team member repeats the whole process **using yet another set of equipment and alternative ingredients** (margarine instead of butter, broth instead of wine, etc.).

By the time the recipes appear on our pages, they are guaranteed to work in any kitchen, including yours. **We promise.**

- **1 Tbsp. dark brown sugar**
- **1 Tbsp. fresh lemon juice**
- **⅛ tsp. ground allspice**
- **Salt**
- **3 lg. egg whites**
- **¼ tsp. cream of tartar**
- **⅓ c. granulated sugar**

1. Preheat oven to 400°F. Pierce sweet potatoes all over with tip of knife; place in large microwave-safe bowl. Cover with vented plastic wrap and microwave on High 15 to 17 minutes or until very tender when pierced with fork; drain. When cool enough to handle, peel potatoes and return to bowl.

2. To bowl with sweet potatoes, add maple syrup, brown sugar, lemon juice, allspice, and ¼ teaspoon salt. Mash potatoes with potato masher until smooth. Transfer mashed potatoes to 2-quart casserole dish. (If making ahead, cover and refrigerate up to overnight; bake in 400°F oven for 15 minutes or until heated through.)

3. Prepare meringue: In large bowl, with mixer on high speed, beat egg whites and cream of tartar until soft peaks form. Sprinkle in granulated sugar, 2 tablespoons at a time, beating until sugar dissolves and meringue stands in stiff, glossy peaks when beaters are lifted.

4. Transfer meringue to large piping bag fitted with ½-in. plain tip or to heavy-duty gallon-size resealable plastic bag with one corner cut to form ½-in. hole. Starting at one side of casserole dish, pipe meringue in small mounds onto surface of sweet potatoes, covering entire surface. Bake 6 to 8 minutes or until meringue is golden.

EACH SERVING About 100 calories, 2 g protein, 23 g carbohydrate, 0 g total fat, 2 g fiber, 0 mg cholesterol, 90 mg sodium.

Potato-Celery Root Mash

Our inaugural Thanksgiving mashed potato recipe, a traditional spuds-milk-butter blend, ran in 1900. Since then, everything from turnips to horseradish has taken its turn as a potato partner. This year's spud sidekick is celery root, a vegetable with a subtle celery flavor that makes the dish smoother and silkier.

Active time 15 minutes
Total time 1 hour
Makes 12 side-dish servings

ReciTip For a creamier texture, pass vegetables through a food mill, then stir in the cream, butter, and seasonings.



- **3 lbs. Yukon gold potatoes, peeled and cut into 1-in. chunks**
- **2½ lbs. celery root, trimmed, peeled, and cut into ½-in. chunks**
- **½ c. heavy or whipping cream**
- **2 Tbsp. margarine or butter**
- **Salt and pepper**
- **3 Tbsp. packed fresh chervil or flat-leaf parsley leaves, finely chopped**

1. In 6- to 8-quart saucepot, combine potatoes and celery root. Add enough →

Change ordinary mashed potatoes into...

Mmmm...Mashed Potatoes

Directions:

1. Prepare mashed potatoes using CARNATION® Evaporated Milk in place of milk.
2. Taste the creamy difference.
3. Enjoy all the *Mmmm's* from around the table.





Find recipes at TheCookingMilk.com

Nestlé All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland.
Good Food, Good Life

cold water to cover by 1 inch. Heat to boiling on high. Reduce heat to medium-low; cover and simmer 15 to 17 minutes or until tender.
2. Drain well. Return vegetables to saucepot. Add cream, margarine, 1 teaspoon salt, and ½ teaspoon freshly ground black pepper. With potato masher, mash until smooth and creamy. To serve, transfer to serving bowl; sprinkle with chervil.

EACH SERVING About 170 calories, 3 g protein, 27 g carbohydrate, 6 g total fat (3 g saturated), 3 g fiber, 14 mg cholesterol, 305 mg sodium.

New World Succotash

(also pictured on page 158)

Nowadays, succotash—supposedly served at the very first Thanksgiving—is synonymous with a bag of frozen veggies. The first GH recipe for this combo of corn and lima beans appeared in 1910, around the same time as the patent for refrigerators was filed. It took three more decades for the refrigerator-freezer to become a household appliance and change the way we eat. We've taken advantage of the technology by using frozen shelled edamame—young, green soybeans that taste like a sweeter, livelier version of limas. But we're celebrating succotash's heritage, too, with fresh carrots and corn.

Active time 10 minutes
Total time 25 minutes
Makes 12 side-dish servings



- **2 slices thick-cut bacon**
- **4 med. carrots**
- **3 c. fresh corn kernels (from 4 ears)**
- **1 bag (1 lb.) frozen shelled edamame**
- **1 lemon**
- **¼ c. snipped fresh chives**
- **⅛ tsp. cayenne (ground red pepper)**
- **Salt**

1. In 12-in. skillet, cook bacon on medium 8 minutes or until browned and crisp, turning occasionally. While bacon cooks, peel and cut carrots into quarters lengthwise, then cut crosswise at an angle into 1½-in. pieces. Drain bacon on paper towels. Remove and discard all but 1 tablespoon fat from skillet.
2. To skillet, add carrots and ¼ cup water. Cover and cook 6 minutes. Add corn and edamame and cook, uncovered, 8 to 10 minutes or until vegetables are tender, stirring occasionally.
3. Meanwhile, from lemon, grate 1 teaspoon peel and squeeze 1 tablespoon juice into large bowl. Add vegetable mixture, chives, cayenne, and ½ teaspoon salt; toss to combine.
4. To serve, crumble bacon and sprinkle over succotash.

EACH SERVING About 100 calories, 6 g protein, 12 g carbohydrate, 4 g total fat (1 g saturated), 3 g fiber, 3 mg cholesterol, 160 mg sodium.

Brown Sugar Pecan Pie

(also pictured on page 158)

Corn syrup became standard in pecan pies in the 1930s, when the wife of a Karo corn syrup executive used it as an ingredient in her version of the down-home dessert. The recipe, printed on Karo products, was an instant confectionery classic—we've done variations of it as recently as 2009. This year, we swapped the corn syrup for a less-sweet blend of brown sugar and maple syrup, so the pecans take center stage. A dash of bourbon gives a nod to the pie's Southern roots.

Active time 35 minutes
Total time 1 hour 15 minutes plus cooling
Makes 12 servings

- **All-purpose flour for rolling dough**
- **1 recipe Pastry for 9-Inch Pie (page 222)**
- **1 c. packed dark brown sugar**
- **⅔ c. pure maple syrup**
- **3 lg. eggs**
- **3 Tbsp. butter or margarine, melted**
- **1 Tbsp. bourbon or 1 tsp. vanilla extract**
- **¼ tsp. salt**
- **2 c. pecan halves, toasted**
- **1 lg. egg white, lightly beaten**

1. Preheat oven to 375°F. On lightly floured surface, with floured rolling pin, roll dough into 12-in. round. Ease dough round into 9-in. glass or ceramic pie plate. Gently press dough against bottom and up side of plate without stretching. Trim dough edge, keeping overhang intact. Transfer overhang to work surface. From overhang, with ¾-in. decorative cookie cutter, cut 40 shapes, rerolling if necessary, for decorating rim of pie later. Refrigerate pie shell 15 minutes. Refrigerate cut shapes until ready to use.
2. Line pie shell with foil or parchment, and fill with pie weights, dried beans, or uncooked rice. Bake 12 to 14 minutes or until beginning to set. Remove foil with weights and bake 13 to 15 minutes longer or until golden.
3. Meanwhile, in large bowl, with wire whisk, mix sugar, syrup, whole eggs, butter, bourbon, and salt until well blended.
4. Place hot pie shell in 18" by 12" jelly-roll pan. Lightly brush rim of pie shell with →





Put Ronzoni® Smart Taste® to the test.

It's delicious white pasta, but it has calcium, vitamin D and fiber. Try it tonight.
We're so sure your family will love the taste of Ronzoni® Smart Taste®, we guarantee it!*

*If you are unsatisfied, we'll send you a coupon for one box of traditional Ronzoni®, American Beauty, San Giorgio, Skinner, Creamette, or Prince (select one). Simply send a copy of the purchase receipt, UPC code and the date code panel from the box, along with a brief explanation of why you were not satisfied, to: NWP Consumer Relations, P.O. Box 90340, Allentown, PA 18109. Limit one per mailing address. This taste guarantee expires 12/31/2010.

MANUFACTURER'S COUPON	EXPIRES 1/31/2011

Retailer: We will redeem this coupon for face value plus 8¢ handling if submitted in compliance with the New World Pasta redemption policy, incorporated herein by reference. Void if reproduced or where prohibited by law. Good only in USA and on product indicated. Cash value 1/100¢. Mail to: New World Pasta Co., Dept. 71300, One Fawcett Drive, Del Rio, TX 78840. Limit one coupon per purchase.

0071300-009769

5 71300 95076 5

$1.00 OFF

Any One Box of
Ronzoni® Smart Taste® Pasta





keepers favorite finds

30DAYSOFBEAUTY.COM

Visit 30daysofbeauty.com every day for your chance to win fabulous beauty products. Plus, find out how you can receive our exclusive Stephanie Johnson cosmetic bag with your purchase of select products.

Presented by:	
Celine Dion	McGraw Silver
Pure Brilliance	Stetson
Faith Hill True	Paul Mitchell
Halle by Halle Berry	Rimmel
	Sally Hansen



Gifts are while supplies last. No purchase necessary for daily sweepstakes. Sweepstakes starts 10/1/10 and ends 10/31/10.

FEED YOUR FURRY FRIEND LIKE FAMILY® WITH HEALTHY AND HOLISTIC BLUE™

Start feeding your furry friend with the same care as family, with BLUE. High-quality protein like chicken is first, followed by wholesome whole grains, vegetables and fruit, plus our exclusive LifeSource® Bits, a precise blend of antioxidants, vitamins and minerals. **www.bluebuffalo.com**

Healthy Holistic
BLUE

THE BREAKTHROUGH TO END BREAKOUTS.

Get clinical results without a prescription, with new OXY® Clinical. OXY® Clinical offers breakthrough complexion care, providing pharmaceutical-grade medications and continuous-release technology to treat, heal and help prevent acne breakouts. **oxyskincare.com**



PAWSITIVELY CLEAN™ FROM BISSELL, THE EXPERTS IN PET CLEAN-UP.

Powerful stain and odor removers for those colorful-language moments: Dang!®—oxygen action permanently removes vomit and other colored stains; Ewww®—enzyme power permanently removes organic stains from urine, feces and other accidents. **www.pawsitivelycleanpet.com**



LIKE A DAY SPA FOR YOUR TASTE BUDS.

Try delicious new DOLE® Real Fruit Bites. They're bite-sized chunks of real dried fruit coated in real yogurt and sprinkled with toasted whole grain oats. Only 80 calories per pack! **www.dole.com**



INTRODUCING HILL'S® SCIENCE DIET® HEALTHY MOBILITY™ DOG FOOD.

Improve mobility in just 30 days. Are the early signs of mobility problems slowing your dog down? See a difference by taking the Healthy Mobility Challenge today. Visit **HillsPet.com/HealthyMobility** to learn more.

Hill's
SCIENCE DIET
VETERINARIAN RECOMMENDED

WINDEX MULTI-SURFACE

Windex Multi-Surface lets you keep up with messes right when they happen. Get Windex Multi-Surface and keep up. **www.windex.com**



GLADE® SENSE & SPRAY®

Walk into a burst of fresh Glade® fragrance with motion-activated Sense & Spray®. Get Glade® Sense & Spray® and release the magic™. **www.glade.com**



McCORMICK® GIVEAWAY

Beginning November 15th, visit **mccormick.com/holidaygiveaway** for your chance at McCormick's Flavor the Season Giveaway, where you can win a KitchenAid mixer and more holiday favorites every day for 28 days.

McCormick®
Live deliciously™

NO PURCHASE NECESSARY. Giveaway ends 12/12/10. To enter and for Official Rules, visit www.mccormick.com/holicaygiveaway

ADVANCED RoC® RETINOL

Enhances skin's ability to renew itself revealing new, younger looking skin as it complements skin's collagen production. At the 18th Annual Hamptons International Film Festival, RoC® Skincare will honor one filmmaker with the "Gold Standard Award for Feature Female Director." For more information visit **hamptonsfilmfest.org**

RoC®

For more information about our featured products, sweepstakes, events and extras, visit **goodhousekeeping.com/promotions**

egg white. Gently and carefully press cut shapes around rim. Spread pecans in even layer in pie shell, then pour sugar mixture over them.

5. Bake 35 minutes or until filling is golden brown, puffed, and set around edge, but center still jiggles slightly. Cool completely on wire rack.

EACH SERVING About 395 calories, 5 g protein, 43 g carbohydrate, 24 g total fat (7 g saturated), 2 g fiber, 73 mg cholesterol, 180 mg sodium.

Spiced Apple Pie

Our 1888 recipe for apple pie instructed readers to go down to their fruit cellars and grab some apples—probably whatever variety they had growing in their yards. Today, we've baked two types into a single pie: sweet, almost-floral Galas, the most popular in the country, and tart Granny Smiths, which won't go mushy in the oven. A trio of traditional pie spices—cinnamon, allspice, and nutmeg—enhance this double-crusted dessert's juicy filling.



Active time 45 minutes
Total time 2 hours 15 minutes plus cooling
Makes 12 servings

- ½ tsp. ground cinnamon
- ¼ tsp. ground allspice
- ¼ tsp. freshly ground nutmeg
- ⅔ c. sugar
- 1 Tbsp. cornstarch
- 1½ lbs. Granny Smith apples, peeled, cored, and cut into ½-in. chunks
- 1½ lbs. Gala or Fuji apples, peeled, cored, and thinly sliced
- 1 Tbsp. fresh lemon juice
- All-purpose flour for rolling dough
- 2 recipes Pastry for 9-Inch Pie (page 222)
- 1 Tbsp. butter or margarine, cut up

1. Preheat oven to 425°F. Line 18" by 12" jelly-roll pan with foil.

2. In small skillet, combine cinnamon, →



A Heartfelt Message of Love for your Daughter...

Today, Tomorrow and Always

Your love for your daughter... it's endless... timeless... and forever. Now comes an exquisite reminder of the heartfelt bond that you share with the *"My Precious Daughter" Diamond Pendant.*

Hand-crafted in an Exclusive Design

Exquisitely designed and finely hand-crafted, this exclusive pendant features a solid sterling silver sculpted heart. Flowing down the center of the heart is a ribbon of 3 genuine diamonds in a pavé setting—representing today, tomorrow and always.

Distinctively designed, the pendant's matching 18" sterling silver rope chain runs under the ribbon of diamonds, re-appearing behind the heart on the other side. Engraved on the reverse is: *My precious Daughter, I love you today, tomorrow and always.*

An Exceptional Value for a Limited Time

A remarkable value at $99*, you can pay in 4 easy installments of $24.75. And your payments are interest-free!

A beautiful gift of love, your pendant arrives, with a Certificate of Authenticity, in a velvet jewelry pouch and gift box, and is backed by our 120-day guarantee.



To reserve your pendant, send no money now; just mail the Reservation Application. You won't want to miss out on this meaningful diamond pendant. And you won't find it in stores. So don't delay—place your order today!

Heart is elegantly engraved on the reverse side with the loving sentiment: *"My precious Daughter, I love you today, tomorrow and always"*



The sterling silver chain runs under the ribbon of diamonds, reappearing on the other side in a uniquely beautiful design

www.bradfordexchange.com/9304

©2010 BGE Printed in U.S A. 01-09304-001-GXIR

My Precious Daughter

DIAMOND PENDANT



Handcrafted in Solid Sterling Silver

Hand-set with 3 Genuine Diamonds representing *Today, Tomorrow and Always*

A Bradford Exchange Fine Jewelry Exclusive

RESERVATION APPLICATION SEND NO MONEY NOW



Shown actual size

THE BRADFORD EXCHANGE JEWELRY

9345 Milwaukee Avenue · Niles, IL 60714-1393

YES. Please reserve the **"My Precious Daughter" Diamond Pendant** for me as described in this announcement.

LIMITED TIME OFFER

*Reservations will be accepted on a **first-come, first-served basis**. Respond as soon as possible to reserve your "My Precious Daughter" Diamond Pendant.*

*Plus a total of $8.98 shipping and service. Please allow 4-6 weeks for delivery of your jewelry after we receive your initial deposit. All sales subject to product availability and order acceptance.

RESERVATION APPLICATION

Signature _____

Mrs. Mr. Ms. _____
Name (Please Print Clearly)

Address _____

City _____

State _____ Zip _____

Email (optional) _____

01-09304-001-E86191



EACH SERVING About 340 calories, 3 g protein, 46 g carbohydrate, 17 g total fat (8 g saturated), 2 g fiber, 28 mg cholesterol, 175 mg sodium.

Pastry for 9-Inch Pie

When the United States was still a nation of farmers, we commonly called for lard *and* butter, natural byproducts of animal husbandry, in pie dough—our 1888 pastry recipe used equal amounts of both. That changed in 1911, after Crisco, a solid vegetable-oil shortening, was introduced. Promoted as a foolproof, economical ingredient for baking, it quickly became the norm in a less-agrarian America. Combined with butter, it makes a flaky, tender dough that rolls like a dream.

Total time 5 minutes plus chilling
Makes 1 pastry round

ReciTip We like to make the dough for our piecrusts in the food processor because it's so quick and easy. (This recipe also doubles easily in your food processor, for pies that require two crusts.) But if you prefer, the dough can be made by hand: In step 1, combine flour and salt in a large bowl and, with a pastry blender or 2 knives used scissors-fashion, cut in butter and shortening until mixture resembles coarse crumbs. Add ice water, mixing lightly with a fork after each addition, until dough is just moist enough to hold together. Complete pastry recipe as below in step 2.

- **1⅓ c. all-purpose flour**
- **¼ tsp. salt**
- **5 Tbsp. cold butter or margarine, cut up**
- **3 Tbsp. trans-fat free vegetable shortening**
- **3 to 5 Tbsp. ice water**

1. In food processor with knife blade attached, blend flour and salt. Add butter and shortening, and pulse until mixture resembles coarse crumbs. Sprinkle in ice water, 1 tablespoon at a time, pulsing after each addition, until large, moist crumbs just begin to form.

allspice, and nutmeg. Cook on medium 1 to 3 minutes or until spices are fragrant and toasted, stirring occasionally. Transfer to large bowl. Stir in sugar and cornstarch, then add apples and lemon juice. Toss to coat evenly.

3. On lightly floured surface, with floured rolling pin, roll 1 disk of dough into 12-in. round. Ease dough into 9-in. glass or ceramic pie plate. Gently press dough against bottom and up side of plate without stretching. Trim dough edge, leaving 1-in. overhang. Spoon apple mixture into piecrust; dot with butter.

4. Roll remaining disk for top crust into 12-in. round. Center round over filling in bottom crust. Trim pastry edge, leaving 1-in. overhang. Fold overhang under; bring overhang up over pie-plate rim and pinch to form stand-up edge, then make decorative edge. Cut short slashes in top crust to allow steam to escape from pie during baking.

5. Place pie on prepared pan. Bake pie 45 minutes. Reset oven control to 350°F and bake 30 minutes longer or until apples are tender when pierced with knife through slits in crust. Cool pie on wire rack 3 hours to serve warm. Or cool completely to serve later.

SUBSCRIPTION SERVICE
Good Housekeeping will, upon receipt of a complete subscription order, undertake fulfillment of that order so as to provide the first copy for delivery by the Postal Service or alternate carrier within 4–6 weeks. From time to time, we make our subscriber list available to companies who sell goods and services by mail that we believe would interest our readers. If you would rather not receive such mailings, please send your current mailing label or an exact copy to

Mail Preference Service
P.O. Box 6000
Harlan, IA 51593

Should you have any problem with your subscription, please log on to **service.goodhousekeeping.com,** or write to

Customer Service Dept.
Good Housekeeping
P.O. Box 6000
Harlan, IA 51593

Good Housekeeping is not responsible for unsolicited manuscripts or art. None will be returned unless accompanied by a self-addressed stamped envelope. Canada BN NBR 10231 0943 RT.

POSTMASTER Please send address changes to Good Housekeeping, P.O. Box 6000, Harlan, IA 51593. Printed in the U.S.A.

2. With hands, shape dough into disk; wrap in plastic wrap and refrigerate 30 minutes or overnight. (If chilled overnight, let dough disk stand 30 minutes at room temperature before rolling.)

EACH ½ OF PASTRY About 120 calories, 2 g protein, 11 g carbohydrate, 8 g total fat (4 g saturated), 0 g fiber, 13 mg cholesterol, 85 mg sodium.

Pumpkin Crème Caramel

(also pictured on page 160)

The dessert that prompted this recipe—1958's Rum-Pumpkin Cup Custards—was originally intended for two. Here, it works for a crowd when it's cooked into a showstopping crème caramel. Since there's no crust, pumpkin purists will love how the harvest veggie becomes the sweet, melt-in-your-mouth star.

Active time 15 minutes
Total time 1 hour 5 minutes plus chilling
Makes 12 servings

- ¼ c. water
- 1¼ c. sugar
- 1 can (14 oz.) coconut milk (not cream of coconut), well shaken
- ¾ c. heavy or whipping cream
- 1 c. solid-pack pumpkin
- 6 lg. eggs
- 2 Tbsp. dark or coconut rum (optional)
- 2 tsp. vanilla extract
- ⅛ tsp. salt



Freshly whipped cream, toasted shredded coconut, and grated nutmeg, for garnish

1. Preheat oven to 350°F.
2. In 1-quart saucepan, heat water and ¾ cup sugar to boiling on medium-high, stirring to dissolve sugar. Continue to cook, without stirring, 5 to 9 minutes or until caramel is just amber in color. Pour caramel into 9-in.-round, 2-in.-deep ceramic or metal pan, swirling to evenly coat bottom of pan.
3. In 2-quart saucepan, heat coconut milk, heavy cream, and remaining ½ cup sugar just to boiling on medium-high, stirring to dissolve sugar.
4. Meanwhile, in large bowl, with wire whisk, mix pumpkin, eggs, rum, vanilla, and salt until blended.
5. Gradually whisk hot milk mixture into pumpkin mixture until blended. Pour pumpkin mixture through sieve into 8-cup glass measuring cup, then into caramel-coated pan. Place pan in roasting pan; place on oven rack. Pour boiling water into roasting pan to come three-quarters of the way up side of 9-in. pan. Bake 45 to 55 minutes (if using metal pan, start checking for doneness at 35 minutes) or until knife comes out clean when inserted 1 inch from edge of custard (center of custard will still jiggle slightly).
6. Carefully remove pan from water. Allow crème caramel to cool 1 hour in pan on wire rack. Cover and refrigerate crème caramel overnight or up to 2 days. To unmold, run small spatula around side of pan; invert crème caramel onto serving plate, allowing caramel syrup to drip down from pan (some caramel may remain in pan). Garnish with a dollop of whipped cream, toasted coarsely shredded coconut, and nutmeg.

EACH SERVING About 240 calories, 5 g protein, 24 g carbohydrate, 15 g total fat (11 g saturated), 1 g fiber, 126 mg cholesterol, 70 mg sodium.

Watch It Online
Turkey Carving 101

Want to keep your roasted centerpiece stunning even after you carve it? Check out our simple step-by-step video and tips for a gorgeous platter of meat: goodhousekeeping.com/turkeycarvingvideo





Kelly Ripa

continued from page 155

cutting the turkey in pieces, putting it in pans and adding chicken stock, all on the right side of the oven." It turned out fine in the end, but lacked that *ta-da!* magic of bringing a whole, golden-brown bird to the table.

Not every Turkey Day dish has to be gourmet, Ripa insists. Just like her mom, she proudly serves Stove Top stuffing mix, buys a bird with a pop-up thermometer in the breast, and bakes up Pillsbury biscuits, too. "I'm a very health-conscious person; I try to really do what's right for my kids," she says, "but I don't think you can replace the Pillsbury Doughboy."

Ripa sets the table the night before with her good china—white dishes with a lily motif that her aunt gave her as a wedding present. "I cannot be bothered that morning," she says. "There's too much going on." For the kids, it's a relaxed time to wear pajamas most of the day and watch the parade on TV. While Lola and Joaquin help in the kitchen, fighting over who gets to lick the bowl, Michael has outgrown that stage. "He's 13," Ripa says. "He likes to eat the food when it's done, so, you know, call him then."

The next day, Ripa is already pulling out the storage containers with Christmas decorations while serving up leftovers: turkey salad or soup with crispy bread. "It's an orzo pasta with turkey. I'll make a mirepoix stock—celery, carrot, and onion sautéed with a little butter; it's an Emeril Lagasse thing. I'm very big into taking instructions from professionals."

Giving Thanks

Though she has many cute stories to tell about the holiday—in fact, she has a cute story about almost everything—Thanksgiving is a special occasion to Ripa that reinforces the importance of family. "It's a sacred day," agrees Consuelos. "What our kids gain from it is that we are all together. It's a comfort to me that no matter what's going on, we always have each other."

That reverence for family runs deep. Ripa is thankful to her own parents—and Consuelos'—for being good matrimonial role models. "Together our parents have been married for almost 100 years. We're all swans; we mate for life." Joseph and Esther Ripa gave her a good foundation, Kelly has said, teaching her that success in life is trying your hardest to be a decent person every day and appreciating whatever blessings you have. She grew up an Adam Ant–loving cheerleader and the eldest of two daughters in a modest home in Berlin, NJ. There was a bit of sibling rivalry, Ripa admits. "My sister and I never fought over boys, only the important things: clothes, the phone, the car, and the hairspray can. I had huge hair. You should see my prom picture. I was a life support system for a hairstyle."

At 20, she realized her childhood

dream of becoming an actress in New York City when she won the role of Hayley Vaughan, a goth teen, on *All My Children*. Working on a soap opera underscored the importance of showing up on time and prepared, with her day's lines memorized and ready to hang up her costumes herself. "It teaches you how to be a professional," Ripa says. "I wouldn't trade the experience for anything ever in my life."

Of course she wouldn't. In 1995, she got her number one reason to be thankful: a dashing new costar named Mark Consuelos. It was crush at first sight. The "gorgeous, organized, fastidious" romantic who showed up for their dates on time was a welcome antidote to the less mature boys Ripa had been seeing. They married three times on the show, but in real life eloped to Vegas, tying the knot on May 1, 1996.

"People assume that when you get married in Vegas, you go in willy-nilly," she says. "We wanted to get married and start our lives together, and we didn't take it any less seriously than anybody who has a huge wedding. It's the marriage that's important, not the wedding." Having said that, she adds, "I will kill my daughter if she runs off and elopes, because I want to have a big party."

The thrill of being a newlywed gave way to one of the realities of married life. Ripa has said she and Consuelos fought a lot in the first year, but being able to laugh about it helped. Her husband admits with a chuckle, "I tried to win the arguments at first, but I realized there are just degrees of losing."

To this day, Ripa doesn't shy away from arguments. She's seen far too many marriages end in divorce when bottled-up animosity is unleashed. "Don't be a bottler; you'll explode," she advises. "If something bothers me, I just say it, no harm, no foul. So much of marriage is ego-based—who's right, who wins the argument. Mark and I don't really have that."

There is one battle, though, that dogs the couple: "I cannot for the life of me fathom why, every time I walk in the bathroom, the toilet seat is up. Now, instead of saying, 'You left the toilet seat up again,' I slam it down. And it makes me feel great," she confesses with a laugh. "He's going to be very upset that I said this to *Good Housekeeping*!"

If laughter gets them through the good and bad times, the most important part of their partnership is how well they look out for each other. "When you marry somebody," Ripa says, "you really are life partners. What happens to them happens to you. So we feel things very deeply for each other." She says Consuelos is able to boil things down and talk her through her doubts and what-if, worst-case-scenario thinking.

For instance, Consuelos was →



Naturade
TotalSoy
MEAL REPLACEMENT
Lose Weight & Reduce Cholesterol†
• Great New Formula
• Amazing New Taste
• Fewer Calories & Carbs
• 47% Less Sugar
Total Soy Can Help You Reach Your Goals!
†Naturade Total Soy is a delicious Meal Replacement powder that is loaded with 24 Vitamins & Minerals to support healthy weight loss and cholesterol levels that are already in the normal range. Diets low in saturated fat and cholesterol that include 25 grams of soy protein may reduce the risk of heart disease. One delicious 8oz shake replaces one meal and provides 13 grams of soy protein.
Chance to Win $25,000 CASH!
We're on a Treasure Hunt for the most delicious and nutritious recipes using Naturade Total Soy. Discover the versatility of Total Soy when you experiment with new recipes for shakes, desserts, snacks and meals! Substitute existing ingredients, or make up your very own signature delicacies! Then, enter your recipes in our "Best Recipes Contest" for a chance to win a cruise and $25,000 CASH! Shape up today, ship off tomorrow!
Naturade Since 1926
Sam's CLUB Savings Made Simple
Go to www.totalsoy.com to enter and win
NO PURCHASE NECESSARY. A purchase or payment of any kind will not increase your chances of winning. Contest starts 12:00 a.m. EDT 8/30/10 and ends 11:59 p.m. EDT 10/31/10. Open to legal residents of the 50 U.S. states or D.C. who are 18+ at date of entry. Go to Official Rules www.totalsoy.com. Sponsor: Naturade a division of NNC LLC, Orange, CA. Void where prohibited.

Kelly Ripa

continued from page 225

instrumental in persuading Ripa to join Philbin, a role that initially terrified her. "I give his advice to everyone: 'Do not make fear-based decisions, because you will just hinder yourself from being everything that you can be,'" she says. "I tend to be big on fear-based decisions: 'If I do that, what if this happens?' And Mark always says, 'What if it *doesn't*? Entertain success for a minute.'"

This kind of wisdom and support is just one side of their relationship. Their initial attraction still burns hot: During the week, she says, date night with Consuelos is mandatory. "We carve out time for ourselves," Ripa says. "I think that we're better parents because date night gives us something to look forward to, a night where we're not saying, 'Put that down, stop touching her, don't spill that.' Sometimes we'll put the kids to bed early and watch *Jersey Shore* on DVR. It can be that simple, just the two of us, alone, one day a week, for dinner and hijinks...a little bump and tickle," Ripa says, giggling. "Woo-hoo! I'm 40. I can say that now."

Kidding Around

On the family front, it's not just her hot husband she's crazy about. Anyone who's seen *Live! With Regis and Kelly* even once knows that Ripa is not shy about expressing her love for her kids, but as they enter the tween and teen years, Ripa is staying strict and vigilant. Michael does not have an e-mail or Facebook account, and he has a cell phone only to let his mom know when it's time to pick him up at the bus stop. Ripa has said she does not succumb to the peer pressure of what other parents allow their kids to do. "We love them no matter what," she has often said, "but no means no."

She delights in the kids' differences. Michael, says Ripa, "is the kind of kid who can be in a room full of adults at a cocktail party, but you can also say to him, 'Watch your baby cousin in the pool.'" Joaquin, her youngest, is "a flirt, a human monkey, a little doll. I pick him up and hold him even though he hangs down to my ankles." Lola is a classic middle child: "She does not quit at anything. If she wants to learn how to do a backbend, she's going to do it until it's dark, until she gets it. We're very similar. I think that's why she and I can go at it."

When that happens, Ripa adds with a laugh, it's a blast from her past. "There are things I swore I would never say, that my parents used to say to me, like, 'Don't get fresh with me, missy.' When that came out of my mouth, I looked behind me, like, *Is my mother here?*"

At home, her kids have chores—making their beds, clearing the table, emptying the dishwasher—and earn allowances: $10 a week for Michael, who takes out the

recyclables and the trash, and $4 each for Lola and Joaquin. They also get one-on-one time with each of their parents, even if it's just a trip to the candy store. "It makes a big difference to check in with them," Ripa says.

Of this parenting stage, Ripa says, "There are things I'm dying to ask Michael, but I don't want to frighten him away. So you just sort of watch and make yourself available."

Also keeping the family close: Ripa's reliance on the religious upbringing she shares with her husband. "We grew up Catholic," she says. "We've both found it a stabilizing force, a source of strength and comfort in our lives." The family goes to church most Sundays, and she notes, "While we don't always say grace at meals, we do say our prayers every night."

Acting Her Age

Given her grounded nature, Ripa's recent big birthday hasn't concerned her. She isn't one to wax nostalgic about her youth: "I wouldn't go back and be 20 again if you paid me a million dollars," she says. She is entering middle age gratefully and gracefully. "I love my grown-up life, I love being with my family, raising my kids; there's no pressure to meet somebody or look nice or date. I was a terrible dater, so uncomfortable. I'm thankful that I'm out of that game."

Her life, she says, is unfolding in a mysterious but wonderful way: "I know this sounds crazy, but I really feel like everything happens for a reason and I'm going in the direction I've been meant to go in my whole life. If I don't get a job, then it wasn't my job to get. And if my kids don't achieve x, y, and z by this day, then that's not what they were meant to do."

She has learned acceptance, but has not become complacent. At 40, she's embracing new challenges. She learned to bike again, an activity she'd given up after a nasty childhood accident. *Homemade Millionaire,* her latest undertaking, is certainly a biggie, but Ripa doesn't give the impression that adding another TV project to her plate is rocking the boat. How does she know when she's rocking the boat? "When you fall out, get wet, and have to get back in," she says. The new show was an idea too close to her heart not to pursue—helping other women tap their creativity and achieve their dreams, as she has done in her own life.

Asked to look ahead to future big birthdays, Ripa shares goals that are both modest and deeply meaningful and sound remarkably close to what many wish for as they reflect upon their families this season: "I would love to grow old with my husband, and I hope I get to see my kids walk down the aisle and their kids walk down the aisle. We'll always work hard to make sure those things happen." ■



Campaign Against Salt

continued from page 177

heart attack and then we'll start telling you about saturated fat."

But drastically cutting sodium to 1,500 mg a day astounds some physicians. "The goal is completely unrealistic. This is far too low," says Neils Graudal, M.D., a Danish researcher who has published several large, influential research reviews showing that cutting sodium affects a lot more than just blood pressure. "There's no evidence that directly links low sodium intake to better survival," he adds. Furthermore, he thinks it's unrealistic to expect anyone to actually adhere to the new guideline, considering that one store-bought corn muffin (590 mg) and a cup of chicken noodle soup (840 mg) come in just under the limit. A dinner out can cost you a couple of days' worth of sodium: At Chili's, an Asian Salad with Grilled Chicken has 2,700 mg, and a Cajun Pasta with Grilled Shrimp, 3,200. Prepared salad dressings can have 505 mg per serving; ketchup, 167 mg per tablespoon; pasta sauce, 1,054 mg per cup. Even with the Initiative's reductions, it will be hard to find things to eat (see "So Long, Salt...," *opposite*).

What's more, doctors and public health experts have long assumed that if we all just knew how to lower the salt and we were in a food environment conducive to eating less of it, we'd cut back. But the findings of a recent study on sodium appetite—how much our bodies naturally "want"—contradict that assumption. When researchers at the University of California, Davis, and Washington University in St. Louis looked at the sodium intakes of 19,151 people in 33 countries with vastly different cuisines, they found the amount people typically consumed fell within a narrow range (2,691–4,876 mg/day; the average was 3,726 mg/day); even when scientists tried to get people to lower their sodium to 2,300 mg, the subjects couldn't do it, and they ended up at about 2,800 mg/day. The researchers hypothesize that we might have evolved an appetite for the mineral along with a physiological set point that ensures our body's need for sodium in multiple systems is satisfied.

> "When you reduce sodium intake, lots of things happen. Some are good, and some are bad"

WHERE ARE THE TRIALS?

The most compelling argument against the Initiative, say Drs. Graudal and Cohen, among others: There has never been a randomized, controlled clinical trial (the scientific-research gold standard) examining the effect that consuming 1,500 mg of sodium a day—or any level, for that matter—has on the risk of heart attack, stroke, or death. While studies have shown that lowering *blood pressure* reduces those risks, "we really have no idea if cutting back on salt protects our hearts, too," says Dr. Cohen, nor do we know if the converse is *continued on page 231*

THE JURY'S Still Out

The U.S. isn't the first country to launch a plan to ferret the sodium out of its citizens' diets. Britain, where more than 70,000 people die from coronary heart disease and 110,000 people suffer a heart attack each year, instituted a sodium-reduction initiative back in 2004, spearheaded by its Food Standards Agency (FSA—broadly similar to the food sector of our FDA). Two years later, the FSA lowered the voluntary salt-reduction targets for around 80 categories of packaged food—bacon, breads, and cereals, as well as convenience and snack foods—which were to be achieved by 2010. Now the aim for 2012 is to reduce adult intake to around 2,400 mg of sodium a day.

As a result of the initiative, **sodium has been lowered by around 33 percent in packaged bread,** 49 percent in breakfast cereals, and 21 to 50 percent in processed cheese, among other reductions. "The brilliant thing is, people don't have to change their diets, because the salt has been surreptitiously reduced without their realizing it," says Graham MacGregor, M.D., a hypertension expert and one of the driving forces behind the British salt-slashing initiative. "You have to be something of a nut if you really want to reduce your salt. You have to cook at home and buy all fresh fruits and vegetables, which for the average consumer is a complete impossibility."

But are people actually eating less salt? The FSA's survey work suggests that it has reduced the population's intake by 10 percent between 2000 and 2008. But researchers from the University of California, Davis, and Washington University in St. Louis, writing in the *Clinical Journal of the American Society of Nephrology,* questioned that finding. They pointed out that when all the most rigorous studies, not just those conducted in 2000 and 2008, are considered, salt intake has risen and fallen over time, resulting in **no overall difference in 24 years:** Britons ate about 3,400 mg of sodium a day in 1984 and about 3,400 mg in 2008, with levels dipping and rising no more than 400 mg. The FSA calculates that the reductions are preventing around 6,000 premature deaths a year, but no actual study has been conducted. *—RMG*



What's it like to cut back to less than a teaspoon a day? A salt devotee tries—for five *long* days **By Amy O'Connor**

Some people love sweets. Others crave crunchy foods like nuts and crackers. My comfort foods are salty. Unless I'm eating something savory, briny, pickled, or preserved, I'm not quite satisfied. And since my blood pressure is normal for a 44-year-old woman (120/70), I haven't worried about how much salty food I consume.

That is, until recently, when a *Good Housekeeping* editor challenged me to give the forthcoming federal sodium guidelines a trial run. Gulp. The current 2,300 mg–per-day limit is about one teaspoon of salt. Cutting that 35 percent to 1,500 mg—the proposed level—would mean a radical change: I probably consume upwards of 4,000 mg a day now (takeout pizza and Chinese-food dinners don't help).

On day one, I have a fistful of blueberries, pop a frozen breakfast burrito into the microwave at work, and then scan the side of the package. Yikes...this little morsel packs 600 mg of sodium—almost half what I'm allowed for the day.

I eat it anyway, but vow to rein in the sodium at lunch. That's where I run into real trouble. At Pret A Manger, a healthy sandwich chain, I'm eyeing a Super (Duper) Humous Salad, a grand pile of beans and greens. Imagine my shock when I discover it packs 1,100 mg of sodium in its 332 calories!

Panera Bread is no better. When I scout out the sodium content of its lunch offerings online, few of the sandwiches have less than 1,300 mg of sodium. The lowest I can find is a kid's peanut butter and jelly (which, at 550 mg, isn't exactly low-sodium—and no, I don't want PB&J for lunch). Their Italian Combo sandwich weighs in at a whopping 3,090 mg.

I'm not trying to slam Panera or Pret—their lunches are tasty and sure beat greasy burgers and fries. But I'm trying to stretch 1,500 mg of sodium over the course of three meals and two snacks, and it's almost impossible to find a takeout sandwich with less than 1,000 mg of sodium. I end up eating two vanilla yogurts for lunch (100 mg of sodium each).

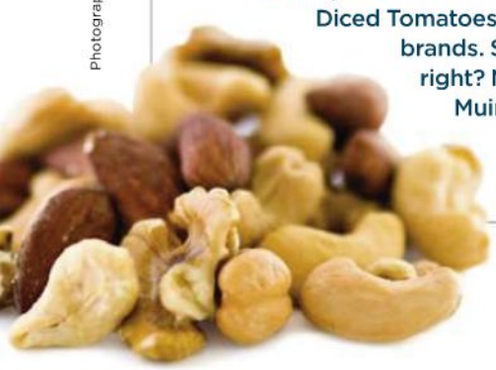
By dinnertime I'm craving some serious flavor, so I whip up my Short-Cut Gazpacho with equal parts of homemade salsa (fresh tomatoes, red onions, cilantro, jalapeños, a drizzle of olive oil, and a squeeze of lime) and Muir Glen Organic Fire Roasted Diced Tomatoes, one of my favorite organic brands. Sounds super heart-healthy, right? Not according to the label: Muir Glen tomatoes brim with nearly 600 mg of sodium per cup. Sigh. No wonder I love them. While I am pretty sure I end day one consuming fewer than 1,500 mg of sodium, homemade salsa with a few diced canned tomatoes does not a meal make. I go to bed hungry.

On day two I decide to stock my office with low-sodium foods: homemade muesli, granola, hard-boiled eggs, plums, carrots, and celery—and more yogurt. And that's what I eat all day. Boring but filling. When I get home, I make chicken cutlets flavored with a salt-free spice rub, wild rice cooked in water (the low-sodium stock I try tastes like nails), and a giant spinach salad. To all of this I carefully add two-thirds of a teaspoon of salt—my allotment for the day—and then lick the spoon.

This became the pattern: I ate mostly fresh, naturally low-sodium foods all day, then sprinkled whatever salt I was allowed over dinner. It worked well enough, and I learned to look forward to the one meal a day where I could really taste not just salt but fuller flavors. Salt, after all, enhances everything it touches. (As a test, sprinkle a little on melon—it makes it sweeter and more fragrant!) Thus I managed to get through my five-day salt-starvation diet, with one major exception—someone treated me to an expensive sushi lunch, and there is no way to go low-sodium at a Japanese restaurant; after all, a tablespoon of soy sauce has about 1,000 mg of sodium.

Along the way, I made the following discoveries: First, though I hoped going low-salt might make me look thinner by reducing "water weight," it didn't. Second, "low-sodium" versions of high-sodium foods—like canned tuna, soup, and some cheeses—taste, well, *blech.* Third, scrutinizing nutrition labels is a real drag. Those numbers are always *way* higher than you think they're going to be. I never once thought, *Wow, there's a lot less sodium in this than I expected. I feel good about myself.* Instead, I'd panic over what I could possibly eat that would conform to the guidelines. And fourth, I found the much-ballyhooed DASH Diet not all that helpful. The recipes seem scaled for mannequins, not women (in whose reality does a six-egg frittata serve six?). Worse, many DASH recipes on the Web lacked nutrition information, so I couldn't tally my sodium intake.

In short, my five-day foray into low-sodium eating left me feeling deprived. Since then I've met other people who have cut back permanently for health reasons. They insist they never miss the stuff, and that if I went salt-free a bit longer, I'd never crave another pretzel. I'm taking their advice with a grain of salt.



Photographs, from bottom left: istockphoto; Dorling Kindersley/Getty Images.

How Often Do You Get The Chance To Save A Child's Life For $250?








Free cleft surgery which takes as little as 45 minutes and costs as little as $250, can give desperate children not just a new smile—but a new life.

"...one of the most productive charities — dollar for deed — in the world."
—The New York Times

Help children with clefts and other problems.

❒ $250 Surgery. ❒ $125 Half surgery. ❒ $50 Medications. ❒ $ _____

Mr./Mrs./Ms. _____ Zip _____

Address _____ City _____ State _____

Telephone _____ eMail _____

Credit Card # _____ Expires _____

❒ Visa ❒ MasterCard ❒ AMEX ❒ Discover Signature _____

❒ My check is enclosed. Z10111019ZFIY25

Smile Train, P.O. Box 96211, Washington, DC 20090-6211

Donate online: www.smiletrain.org or call: 1-800-932-9541

SmileTrain
Changing The World One Smile At A Time.

According to the U.S. Government, women should take sufficient levels of folic acid (400 micrograms/day) during pregnancy to help prevent neural tube defects and reduce the risk for cleft lip and palate. When folic acid is taken one month before conception and throughout the first trimester, it has been proven to reduce the risk for neural tube defects by 50 to 70 per cent. Be sure to receive proper prenatal care, quit smoking and drinking alcohol and follow your health care provider's guidelines for foods to avoid during pregnancy. Foods to avoid may include raw or undercooked seafood, beef, pork or poultry; delicatessen meats; fish that contain high levels of mercury; smoked seafood; fish exposed to industrial pollutants; raw shellfish or eggs; soft cheeses; unpasteurized milk; pâté; caffeine; and unwashed vegetables. For more information, visit www.SmileTrain.org. Smile Train is a 501 (c)(3) nonprofit recognized by the IRS, and all donations to Smile Train are tax-deductible in accordance with IRS regulations. © 2010 Smile Train.

Campaign Against Salt

continued from page 228

true—whether people who eat higher amounts of sodium are more likely to have a heart attack or stroke, or to die.

Salt-reduction proponents point to the *Trials of Hypertension Prevention* follow-up study, which began as two clinical trials of more than 4,500 30- to 54-year-olds with slightly elevated blood pressure who were given either intensive counseling to cut back on sodium or only general guidelines for healthy eating. A year and a half to three to four years later (the end of each trial), the sodium-reduction group had only a one- to two-point drop in blood pressure compared with the control group. But 10 to 15 years later, the researchers caught up with some of the study's participants and found that those in the low-salt group were 25 percent less likely to have suffered a heart attack during the intervening years, suggesting that the amount of salt one eats *might* be linked with a real health outcome like heart attacks, not just high blood pressure. Compelling as this is, however, the naysayers point out that there was no significant difference in the number of deaths between the two groups. In addition, not all the original participants could be found, and the study was, in fact, no longer a clinical trial, but a less rigorous observational study (which can't determine cause and effect).

The only other general-population studies on humans that looked at sodium's connection to heart attacks and strokes have been observational, and those results have been mixed: Some showed that people who ate more sodium had more heart attacks, while others found no link; a few even found that people who ate *less* sodium had *more* heart attacks. Even if you include only the studies showing a link between high salt and increased cardiovascular disease, "it's observational data. I wouldn't make a clinical decision on it, and I sure as hell wouldn't make a decision on it for 300 million people," says Michael Alderman, M.D., a hypertension researcher at Albert Einstein College of Medicine and vocal critic of the salt-lowering efforts.

> "It's naive to extrapolate what the optimal benefit might be. That's a hope, or faith, but it's not science"

Scientists say that sodium may affect insulin and parts of our nervous system, as well as fats like cholesterol, and that the kidneys have their own blood pressure/sodium-regulation system (the renin-angiotensin system). All of these factors affect heart health, too, though their relationship with sodium isn't as well studied as blood pressure's, so they remain in the shadow of the better-known heart disease risk factor. "The crux of the problem is that when you reduce sodium intake, lots of things happen. Some are good, and some are bad," says Dr. Alderman. "The effect on health will be the net effect of all of those conflicting influences."

Indeed, a 2003 in-depth review of the evidence and a soon-to-be-published update that analyzed the research on many of these factors found that low sodium affects multiple systems in our body: As the mineral goes down, levels of cholesterol, triglyceride, renin, and other health indicators go up. The resulting health effects are not yet known. Coauthor Dr. Graudal concludes his report: "The magnitude of the effect in Caucasians with normal blood pressure does not warrant a general recommendation to reduce sodium intake." Another recent meta-analysis from British researchers led by Lee Hooper, Ph.D., at the University of East Anglia →

TRY THESE Healthy Moves

Each of us can take action to manage our own blood pressure without putting the spotlight on salt. If you're not hypertensive, you don't need to obsess about sodium. **Cutting back isn't going to do much for you,** and will just divert your energy away from other, healthier things—like losing weight if you're overweight, or exercising. "When you get people doing stuff that they don't really need to do, they may not do the things they really *should* do," says Dr. Norman Hollenberg of Harvard Medical School. Instead, **focus on a generally healthy diet,** which includes more whole, unprocessed foods like fruits and vegetables, lean meats and fish, healthy fats like olive oil, and low-fat dairy.

If you have borderline-high or high blood pressure (see "Blood Pressure by the Numbers," page 176), work with your doctor to see if lifestyle changes, including lower sodium, can reduce it a bit. **Stay away from most canned and processed foods** before trying medications. Shop around the perimeter of the supermarket, where the fresh foods are usually sold. Directly or indirectly, smoking, being overweight and/or overstressed, **not getting enough potassium** in your diet (fruits and veggies are great sources), drinking too much alcohol, and not exercising can raise blood pressure. Recent studies have also shown that reducing sugary beverages and eating whole grains can lower blood pressure. *—RMG*

Campaign Against Salt

continued from page 231

arrived at a similar conclusion: "Intensive interventions, unsuited to primary care or population prevention programs, provide only minimal reductions in blood pressure during long-term trials." Translation: For people with normal blood pressure, drastic salt reductions aren't necessary, and they probably won't work.

"I wish the magic bullet were true; I wish it were that simple," says Dr. Alderman. "But it is naive to assume that you can go from an effect on blood pressure, pretend the others don't exist, and then extrapolate what the optimal benefit might be. That's a hope, or faith, but it's not science."

"Do you know the Danish tale *The Emperor's New Clothes*?" says Dr. Graudal. "I think I and a few others are the boy saying the emperor hasn't got any clothes on."

EXPERIMENTAL AMERICANS

Doing a clinical trial would answer many of the lingering questions. If we were certain that lowering salt reduced cardiovascular disease in the general population, we could adopt policies like the one spearheaded by New York City with a clear conscience. But some researchers say that a trial would be either a waste of time, too expensive, unethical, or impossible. "The possibility of a randomized controlled trial is not likely in the future," says rear admiral Penelope Slade-Sawyer, a deputy assistant secretary for health in the Department of Health and Human Services, who helped put together the *Dietary Guidelines 2005*. "It would be terrifically expensive, and I really don't think it's necessary." Dr. Angell notes, "One would argue at this point [that a trial is] unethical given all the amassed data that shows that high sodium is associated with high blood pressure and high blood pressure is associated with heart attack and stroke."

Yet without such studies and definitive proof of benefit, we all become test subjects. "It's an experiment any way you do it, whether it's on 300 million people [via public policy] or on 10,000 [in a randomized controlled trial]," says Dr. Alderman. It has happened before. Decades ago, Dr. Cohen notes, when studies suggested that saturated fat was bad for our cardiovascular systems, we were encouraged to cut it from our diets. Manufacturers and restaurants switched to partially hydrogenated oils instead of animal products, and families started eating margarine instead of butter. "It was 20 years or more before scientists realized that in propagandizing people to eliminate butter from their diet and replace it with stick margarine and trans fats, we might be doing more harm than good," says Dr. Cohen. Those trans fats have proved worse for our hearts than butter's saturated fat.

There are other examples: Tobacco companies added filters to cigarettes and created "light" cigarettes to make them healthier, but people just puffed harder or smoked more, and kept inhaling carcinogens and additives. In the 1950s, doctors told women to limit their weight gain during pregnancy to avoid preeclampsia (high blood pressure, fluid retention, and kidney problems), resulting in an increased number of underweight babies and infant deaths; more recently, the *Dietary Guidelines* encouraged Americans to eat low-fat foods and more carbohydrates, and now researchers believe this has contributed to obesity. "Respected authorities instituted reasonable ideas without having the evidence to know whether their policies might backfire," Dr. Alderman wrote in a February 2009 editorial in the *New York Times*.

Perhaps the best example involves hormone replacement therapy. Doctors gave HRT to women during and after menopause because replacing the estrogen lost during menopause made logical sense and was intuitively appealing (let's make women "young" again), and observational studies suggested that women who took hormones had a 40 to 50 percent reduction in coronary heart disease risk compared with nonusers. Even though no large-scale randomized controlled trials had ever been done, doctors had "a nearly unshakable belief in the benefits of hormone therapy," wrote two doctors in a 2003 opinion piece in the *New England Journal of Medicine*—enough to suspend normal standards for preventive treatments, like proof from a trial.

When the first trials conducted on HRT failed to show a benefit for the heart, they were criticized and even disregarded. But when researchers finally did a big clinical study, part of the Women's Health Initiative (a large study initiated by the National Institutes of Health to look at cardiovascular disease, cancer, and other common causes of death and disability in postmenopausal women), it turned out that the estrogen-plus-progestin treatment actually increased the risk of heart attacks, strokes, blood clots, and breast cancer, while estrogen alone increased the risk of stroke and blood clots.

What's especially worrisome is that women's use of HRT "was based on much better evidence than the salt recommendation is based on, much more consistent observational studies," says Dr. Cohen. The editorial accompanying the trial, published in the same issue of the *New England Journal of Medicine,* stated, "The lesson is that belief, no matter how sincerely held, is no substitute for proof in the form of adequately designed randomized clinical trials when it comes to medical interventions, especially long-term interventions that are being contemplated for widespread use in order to prevent disease."

We appear not to have learned that lesson yet. ■

Belief and hope in the wondrous power of God

Believe in Miracles Ring





An original creation by award-winning designer Thomas Sota

EXCLUSIVELY FROM THE Concorde COLLECTION

www.concordecollection.com

White Topaz...14K Gold...Sterling Silver

The perfect Christmas gift for yourself...or someone special. Just $45

As we observe with awe God's creation of a perfect blossom unfolding its petals, glistening with dew-drops to the first golden rays of the sun, we behold the miracle of creation and open ourselves to the belief that with God's power anything is possible. This artfully sculpted Sterling Silver ring by master jeweler Thomas Sota lavishly coated with 14K Gold and sparkling with White Topaz is a constant reminder of your faith in Heaven's promise of love and hope.

A special treasure to cherish and wear forever, this dramatic ring is offered exclusively through the Concorde Collection and is not sold in stores. *Satisfaction guaranteed for 60 days.* Mail your order today.

ORDER FORM *Please mail within 30 days.*

YES, I wish to order the BELIEVE IN MIRACLES RING.
I *need send no payment now.* I will be billed $45* when my ring is ready to be shipped.

Size: ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

* Plus $4.95 shipping and handling . Plus 6% sales tax, PA residents only.

Name PLEASE PRINT CLEARLY

Address

City

State Zip

Telephone (Include Area Code)

Mail to: The Concorde Collection
P.O. Box 663, Holmes, PA 19043

THE CONCORDE COLLECTION

BEMR85

©2010 TCC

Like it? Find it here...

GOOD BUZZ: STAR STYLE
PAGE 61 Scarf, $58, Ann Taylor; anntaylor.com.

TRENDS FOR GROWN-UPS
PAGE 81 Jacket, $70, available at T.J. Maxx. **Black shell,** $30, August Silk; dillards.com. **Skirt,** $50, Chadwick's; chadwicks.com. **Necklace,** $42, Simply Vera Vera Wang; kohls.com. **Belt,** $12, available at T.J. Maxx. **Boots,** $70, Boston Design Studio by Chadwick's; see above. **Black cowl-neck,** $50, The Limited; thelimited.com. **Skirt,** $40, Chadwick's; see above. **Belt,** $17, available at Target. **Watch,** $150, Swatch; store.swatch.com. **Bag,** $139, Dillard's; see above. **Boots,** $258, The Frye Company; thefryecompany.com. **Embellished top,** $52, Rafaella Group; Macy's. **Skirt,** $30, Dressbarn; Dressbarn stores nationwide. **Pumps,** $25, Worthington by JCP; jcp.com.

GOOD DEALS: FASHION
PAGE 83 Pink scarf, $49, J. Jill; jjill.com. **Blue-multi scarf,** $40, Coldwater Creek; coldwatercreek.com. **Beige scarf,** $30, American Eagle Outfitters; ae.com. **Purple-multi scarf,** $36, Woolrich; 800-367-3626. **Purple scarf,** $40, Esprit; esprit.com. **Aqua scarf,** $20, QVC; qvc.com.

THE LOOK FOR LESS
PAGE 101 Tree Trunk Lamp, Seventh Avenue; seventhavenue.com. **Natural Wool Collection Carlisle 3' by 5' Area Rug** K6762, lampsplus.com; 800-782-1967. **Bella Paisley Pillow Cover,** Pottery Barn; potterybarn.com. **Target Home Chenille Pillow,** Target; target.com for stores. **Stretch Leopard Ottoman Cover,** Sure Fit Slipcovers & Home Solutions; surefit.com. **Damask Panel** (frame not included), art.com; 800-952-5592.

TOP STAND MIXERS
PAGE 125 Artisan Series Stand Mixer KSM150PS, KitchenAid; 800-541-6390. **Ultra Power Stand Mixer** KSM95, KitchenAid; see above. **Eclectrics All-Metal Stand Mixer** 63221, Hamilton Beach; 800-851-8900.

BEST HAND MIXERS
PAGE 126 Power Advantage Plus HM-90S and **Power Advantage 5-Speed Hand Mixer** HM-50, Cuisinart; 800-726-0190. **MixMaster Hand Mixer** FPSBHM1502, Sunbeam; 800-458-8407. **SoftScrape Hand Mixer** 62637, Hamilton Beach; see above.

STURDY FOLDING CHAIRS
PAGE 126 Upholstered Folding Chair, Cosco; kmart.com. MeshOne, Mity-Lite; 800-579-6906. **Pocket Folding Chair,** Conran Shop; conranusa.com. **Nisse**, IKEA; ikea.com.

TERRIFIC TOWELS
PAGE 128 Lasting Color, Westpoint Home; bedbathandbeyond.com. **Hydro Cotton,** Pottery Barn; potterybarn.com. **Park Avenue,** Peacock Alley; 800-496-2880. **Hotel Collection,** Macy's; 800-343-0121. **Linden Street Quick Dri,** JCPenney; jcp.com.

CHOICE COOKWARE
PAGE 131 Advanced Bronze Collection, Anolon; 800-388-3872. **Contempo Hard-Anodized,** Circulon; 800-326-3933. **Earth Pan II with SandFlow Nonstick,** Earth Pan; 800-450-0156. **Signature Porcelain Enamel,** Paula Deen; 800-450-0156. **d5 Stainless,** All-Clad; 800-255-2523. **Stainless Steel with Copper and Pouring Spouts,** Emeril; 800-395-8325. **Stainless Steel Cookware Collection,** Rachael Ray; 800-450-0156. **Ultimate Stainless Steel Copper Bottom,** T-fal; 800-395-8325.

STAINLESS STEEL DISHWASHERS
PAGE 132 GE Profile Dishwasher with Smart-Dispense Technology PDWT480RSS, GE Appliances; 800-626-2000. **Asko** D5122XXL, Asko Appliances; 800-898-1879. **KitchenAid Superba Series** KUDS30IVSS, KitchenAid Brand Home Appliances; 800-422-1230. **LG** LDS4821ST, LG Electronics; 800-243-0000.

FAST AND EASY CARPET STAIN REMOVERS
PAGE 132 Platinum Collection Professional Strength Instant Stain Remover Spray, Hoover; 800-944-9200. **OxyPro Carpet Spot and Stain Remover,** Bissell; bissell.com. **Carpet Cleaner,** Weiman; weiman.com.

BLANKETS MADE TO LAST
PAGE 135 Eloquence Supima Blanket, The Company Store; 800-323-8000. **Organic Cotton Blanket,** Lands' End; 800-800-5800. **Polartec Softec Blanket,** Berkshire; bedbathandbeyond.com. **Cannon Microfleece Blanket,** Kmart; kmart.com. Cannon Microplush Blanket, Kmart; see above. **Indulgence Blanket,** Berkshire; see above. **Sidney Merino Blanket,** Garnet Hill; 800-622-6216. **Washable Wool Blanket,** L.L.Bean; 800-809-7057.

TOP COATS
PAGE 168 Lole Nicky Down Jacket, $250, Lole; lolewomen.com, **Jeans,** $163, Joe's Jeans; joesjeans.com. **Scarf,** $30, Fraas; 212-575-0191. **Boots,** $79, American Eagle Outfitters; ae.com. **Knee-length hooded puffer coat with detachable belt,** $269, United Colors of Benetton; 800-535-4491. **Gray jeans,** $155, 7 For All Mankind; 7forallmankind.com. **Gray hat,** $42, Christys' Crown series, christyshats.com. **Gloves,** $8, Simply Vera Vera Wang; kohls.com. **Boots,** $118, Lands' End; landsend.com.
PAGE 169 Whitney Jacket, $178, Guess; guess.com. **Earrings,** $16; available at T.J. Maxx. **Scarf,** $39, Gap; gap.com.
PAGE 170 Gray zip-up coat, $275, Helly Hansen; hellyhansen.com. **Sweater,** $17, Pacific Heights; Burlington Coat Factory.
PAGE 171 Trench coat, $260, London Fog; Macy's. **Cowl neck top,** $68, Michael Stars, michaelstars.com.
PAGE 172 Black, belted, fur-trim jacket, $249, Lauren by Ralph Lauren; Lord & Taylor. **Light sage belted jacket with fur-trim hood,** $150, Lands' End; see above. **Wool coat,** $259, United Colors of Benetton, see above. **Double-breasted black coat,**$100, Dressbarn; dressbarn.com. **Heli-Honey Jacket,** $220, Columbia Sportswear; columbia.com. **Baby blue hooded jacket,** $350, Helly Hansen; see above. **Trench,** $199, London Fog, londonfog.com. **Woman's Destination Jacket,** $200, Marmot; marmot.com.
PAGE 173 Blue hooded jacket with fur trim, $160, Zero Xposur; zeroxposur.com. **Women's Dandridge Down Jacket,** $235, Burton, burton.com. **Lole Metro,** $190, Lole; see above. **Tweed coat,** $100, Jones New York; Burlington Coat Factory. **Pink hooded jacket,** $250, NILS; nils.us. **Lilly Jacket,** $295, Powderhorn; powderhornworld.com. **Venessa Trench Coat,** $135, Long Tall Sally, longtallsally.com. **Grosgrain-Trim Trench,** White House Black Market, $178; whbm.com. ■

November Sweepstakes

No purchase necessary to enter or win. Sponsored by Hearst Communications, Inc. Void where prohibited by law. Odds of winning will depend upon total number of eligible entries received.

Reader Feedback Sweepstakes
PAGE 39 Beginning January 4, 2010, at 12:01 A.M. (ET), through December 11, 2010, at 11:59 P.M. (ET), go to survey.goodhousekeeping.com and complete and submit the entry form pursuant to the on-screen instructions. One (1) Grand Prize winner will receive a $5,000 American Express gift card, one (1) Second Place winner will receive a $500 American Express gift card, and ten (10) runner-up winners will receive a $100 American Express gift card. Must be a legal resident of the 50 United States and DC or Canada who has reached the age of majority in his or her state or province of residence at time of entry. Void in Puerto Rico, Quebec Province, and where prohibited by law. Sweepstakes subject to complete official rules available at survey.goodhousekeeping.com.

Lysol Hands-Free Holiday Sweepstakes
PAGE 87 Beginning October 5, 2010, at 12:01 A.M. (ET), through November 30, 2010, at 11:59 P.M. (ET), one (1) winner will receive a year's supply of Lysol No-Touch Hand Soap System, a touchless stainless steel kitchen sink faucet, a robot vacuum, a touchless trash can, and a hands-free paper towel dispenser. The total ARV of all prizes is $1,250. Sweepstakes are open to legal residents of the 50 United States, DC, and Puerto Rico who have reached the age of majority. Sweepstakes subject to complete official rules available at goodhousekeeping.com/win.

November 2010 Vol. 251, No. 5
Good Housekeeping® (ISSN 0017-209X) is published monthly, 12 times per year, by Hearst Communications, Inc., 300 W. 57th Street, New York, NY 10019, U.S.A. Frank A. Bennack Jr., Vice Chairman and Chief Executive Officer; Catherine A. Bostron, Secretary; Ronald J. Doerfler, Senior Vice President, Finance and Administration. Hearst Magazines Division: Cathleen P. Black, Chairman; David Carey, President; John P. Loughlin, Executive Vice President and General Manager; John A. Rohan, Jr., Vice President and Group Controller. © 2010 by Hearst Communications, Inc. All rights reserved. Good Housekeeping, The Better Way, and Good Housekeeping Holiday Best are registered trademarks of Hearst Communications, Inc. Periodicals postage paid at New York, NY, and additional entry post offices. Canada Post International Publications mail product (Canadian distribution) sales agreement no. 40012499. Editorial and advertising offices: 300 West 57th Street, New York, NY 10019-3797. Subscription prices: United States and possessions: $21.97 for one year. Canada and all other countries, add $22 for each year. Subscription Services: Good Housekeeping will, upon receipt of a complete subscription order, undertake fulfillment of that order so as to provide the first copy for delivery by the Postal Service or alternate carrier within 4–6 weeks. POSTMASTER: Please send address changes to Good Housekeeping, P.O. Box 6000, Harlan, IA 51593. For customer service, changes of address, and subscription orders, log on to service.goodhousekeeping.com, or write to Customer Service Department, Good Housekeeping, P.O. Box 6000, Harlan, IA 51593.

Click Here Find complete buying information for these items at goodhousekeeping.com/shopping

Who's earned the Good Housekeeping Seal

AND BACKED BY OUR TWO-YEAR LIMITED WARRANTY

APPLIANCES & ELECTRONICS
Bissell
Bosch
Jack La Lanne's Power Juicer
Panasonic
Steamfast

BEAUTY & PERSONAL CARE
Always
Arm & Hammer
Spinbrush
Aveeno
Cetaphil
Chip Skip (OPI)
Clairol
Connoisseurs Jewelry Cleaners
CoverGirl
Crest
Dove
Gold Bond
L'Oréal Paris
Haircolor Excellence
Lubriderm
Mary Kay TimeWise
Murad
Nivea
Neutrogena
Olay
Pantene
Playtex Living Gloves
Secret

CHILD CARE & TOYS
Build-A-Bear Workshop
Pampers

CLEANING, KITCHEN & HOUSEHOLD
Bounce
Bounty
Brawny
Brita
Cascade
Charmin
Citrus Magic Air Freshener
Dawn
Downy
Dixie
Febreze
Gorilla Glue
Ingenious Designs
Mr. Clean
Nature's Source
Ove Glove
Puffs
Purex Complete 3-in-1
R2x Hard Surface Cleaner
Rug Doctor **NEW**
Scott Paper Products
Simple Green
Swiffer
Tide
Trewax
Vanity Fair Napkins, Plates & Bowls
Woolite Carpet Cleaning Products
Ziploc

FOOD & BEVERAGES
Butter Buds
Dreamfields Pasta
Francesco Rinaldi Pasta Sauce
Good Food
Hearst Ranch Beef
Jolly Time Pop Corn
Kikkoman Sauces
Knorr Lipton Sides
Laura's Lean Beef
NatraTaste
Spike's Santa Fe Salsa and Con Queso
Sugar In The Raw
Sweet'N Low
Veggie Wash

HEALTH AIDS & REMEDIES
BioEars & EarPlanes
Cepacol Fizzlers
Lanacane
LiceMD
Metamucil
MidNite
Miralax
OFF!
Prilosec OTC
Sam-e Complete
Tena Serenity Pads
Vicks

HOME BUILDING & DECORATING
Acme Brick
Aller-Ease
Aristokraft Cabinetry
Caesarstone Countertops
Champion Windows & Patios
Clopay Garage Doors
Culligan
Earthwise Windows & Doors
Frogtape
GAF Roofing
Generac
Heat Surge Roll-n-Glow Fireplace
Ikea
Kathy Ireland Carpeting
Leafguard by Englert
Lennox Heating & Cooling Products
Liftmaster
Morton Salts
Norandex
Olympic Paints & Stains
Protect-A-Bed
RainPro by Englert
Sherwin-Williams Paints
Simmons Beautyrest
Sleep Number Beds
Sunsetter Products
Tempur-Pedic Mattresses
Window World Windows
Wolmanized Outdoor Wood
York Heating & Cooling

OTHER
Balsam Hill Christmas Trees
CertifiedFirst Network
Circulon
Duracell
Good Choice
Good Housekeeping Readers
Good Housekeeping SunCover Glasses
Green2
Preen
Samsung Haven by Verizon
Seal Shield
Wheaton Worldwide Moving

PET CARE
Eukanuba
Frontline
Iams
PawSafe Cleaners

WHAT'S GOOD?
Resurgence Renewing Eye Cream helps firm and restore the delicate eye area by diminishing dark circles and decreasing puffiness while reducing the appearance of medium to deep wrinkles. Visit Murad.com



Green Good Housekeeping Seal

- Aveeno Soothing Bath Treatment
- Nature's Source Natural All Purpose Cleaner by Scrubbing Bubbles
- Nature's Source Natural Bathroom Cleaner by Scrubbing Bubbles
- Nature's Source Natural Glass and Surface Cleaner by Windex
- Nature's Source Natural Laundry Stain Remover by Shout
- Tide Coldwater Laundry Detergent

For more information go to goodhousekeeping.com/greenghseal

Note: Not all models of Seal-holding brands are covered by the Good Housekeeping Seal. Visit GHseal.com for details.

STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION

1. Publication title: Good Housekeeping
2. Publication no. 0017-209X
3. Filing date: October 1, 2010
4. Issue frequency: Monthly
5. No. of issues published annually: 12
6. Annual subscription price: $21.97
7. Complete mailing address of known office of publication: 300 W. 57th. Street, New York, NY 10019, Contact Person: Deborah Cameron, Telephone: 212-649-2761
8. Complete mailing address of headquarters or general business office of publisher: 300 W. 57th. Street, New York, NY 10019
9. Full names and complete mailing addresses of publisher, editor, and managing editor: Publisher: Hearst Communications, Inc., 300 W. 57th. Street, New York, NY 10019 Editor: Rosemary Ellis, 300 W. 57th. Street, New York, NY 10019 Publisher: Patricia Haegele, 300 W. 57th. Street, New York, NY 10019
10. Owner: Hearst Communications, Inc., registered office, 1209 Orange Street, Wilmington, Delaware 19801—Stockholders owning or holding 1 percent or more of the total amount of stock of Hearst Communications, Inc are: Hearst Holdings, Inc. and CDS Global, Inc.
11. None
12. Not applicable
13. Publication title: Good Housekeeping
14. Issue date for circulation data below: October 2010
15. Extent and nature of circulation: Average no. copies each issue during preceding 12 months

A.	Total number of copies (net press run):	5,394,706
B.	Paid circulation (By mail and outside the mail):	
	1. Mailed outside-county paid subscriptions stated on PS form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies):	3,691,158
	2. Mailed in-county paid subscriptions stated on PS form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies):	n/a
	3. Paid distribution outside the mails including sales through dealers and carriers, street vendors, counter sales, and other paid distribution outside USPS®	389,637
	4. Paid distribution by other classes of mail through the USPS (e.g. First-class mail®)	n/a
C.	Total paid distribution [Sum of 15b(1), (2), (3), and (4)]	4,280,795
D.	Free or nominal rate distribution (By mail and outside the mail):	
	1. Free or nominal rate outside-county copies included on PS form 3541	253,698
	2. Free or nominal rate in-county copies included on PS form 3541	n/a
	3. Free or nominal rate copies mailed at other classes through the USPS (e.g. First-class mail)	n/a
	4. Free or nominal rate distribution outside the mail (Carriers or other means):	5,094
E.	Total free or nominal rate distribution [Sum of 15d (1), (2), (3) and (4)]:	258,793
F.	Total distribution (Sum of 15c and 15e):	4,539,588
G.	Copies not distributed (See instructions to publishers #4 (page #3)):	655,118
H.	Total (Sum of 15f and 15g):	5,394,706
I.	Percent paid (15c divided by 15f times 100):	94.3%

No. copies of single issue published nearest to filing date

A.	Total number of copies (net press run):	5,221,005
B.	Paid circulation (By mail and outside the mail):	
	1. Mailed outside-county paid subscriptions stated on PS form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies):	3,783,797
	2. Mailed in-county paid subscriptions stated on PS form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies):	n/a
	3. Paid distribution outside the mails including sales through dealers and carriers, street vendors, counter sales, and other paid distribution outside USPS®	340,000
	4. Paid distribution by other classes of mail through the USPS (e.g. First-class mail®)	n/a
C.	Total paid distribution [Sum of 15b(1), (2), (3), and (4)]	4,123,797
D.	Free or nominal rate distribution (By mail and outside the mail):	
	1. Free or nominal rate outside-county copies included on PS form 3541	261,703
	2. Free or nominal rate in-county copies included on PS form 3541	n/a
	3. Free or nominal rate copies mailed at other classes through the USPS (e.g. First-class mail)	n/a
	4. Free or nominal rate distribution outside the mail (Carriers or other means):	5,799
E.	Total free or nominal rate distribution [Sum of 15d (1), (2), (3) and (4)]:	267,502
F.	Total distribution (Sum of 15c and 15e):	4,391,299
G.	Copies not distributed (See instructions to publishers #4 (page #3)):	829,706
H.	Total (Sum of 15f and 15g):	5,221,005
I.	Percent paid (15c divided by 15f times 100):	93.9%

16. Publication of Statement of Ownership Publication required. Will be printed in the November 2010 issue of this publication.
17. Signature and title of Editor, Publisher, Business Manager or Owner: Patricia Haegele, Publisher

I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).



Pass the Recipe

With oven mitt in hand, a son steps up to learn from the master **By Michael Callahan**

As the only bachelor among four sons, I mercifully have generous sisters-in-law who invite me to holiday dinners. My mother, now almost 80, happily passed the turkey baster to the next generation years ago.

Mom was never a fancy cook—my father's pedestrian tastes wouldn't allow it, encouraging her to produce an endless string of meatloaves and stews and Green Giant vegetables boiled in pouches. Except for Thanksgiving. On Thanksgiving my mother became the matriarch from a Rockwell painting, serving up simple but amazingly turkeylicious fare with the trimmings, including her heady, bready stuffing, which we would have been satisfied to eat by itself.

Last year, it struck me that we were never going to eat it again. Mothers pass their recipes to their daughters, not their sons. Mom's holiday masterpiece would die out with her, a family heirloom gone missing. "I want you to teach me how to make your Thanksgiving," I said to her, prompting a bemused look. But I was earnest, and she knew it. I'm a decent cook when I want to be, but I had never prepared a meal with that sort of weighty tradition attached. I went out and bought a leather journal in which I would write down all of the ingredients and instructions. And so it was that last November Mom came to my house to hand down her tradition.

She barreled into my old country kitchen armed with my grandmother's roasting pan, loaves of bread ("I knew you wouldn't buy the right kind"), and various clunky utensils. We were 10 minutes in before the first argument began (Me: "Slow down! I can't write that fast!" Mom: "You're making this too complicated!"). She hand-sifted bread crumbs to the texture of fine sand and sizzled onions and celery as I stood feeling alternately useless and intimidated.

Slowly I picked it up. The way you had to pack the stuffing like a snowball, then jam it as tightly as you could into the cavity. How to properly mix the Hellmann's mayonnaise, white vinegar, and milk with the cabbage for the creamiest coleslaw. Timing the rolls. Where to put the pins to close up the bird, how to whisk the gravy into brown, bubbly thickness. When my parents and I sat down at the dining room table Mom still thinks I overpaid for, the look on Dad's face said it all: *This* was Thanksgiving. The one true Thanksgiving. It would be up to me now to preserve it, pass it on to one of my nephews or my niece, to whomever I could convince that it was important. Because it *is* important.

Afterward, as I looked at the roasting pan soaking in the sink, I saw its dings and worn spots where scrubbing pads had removed the traces of Thanksgivings going back to 1950. My grandmother had baked her holiday turkeys in this pan. So had Mom. And now, so had I.

I turned to her as she casually wiped down the stovetop. "Can I have this?" I asked quietly, nodding to the pan. "I mean, will you leave this to me someday?"

Her expression went from puzzled to pleased. "All right," she said. "If you'd like."

I began scrubbing it—hoping someday I'd be able to summon the skill and love to produce something worthy in it. ■

Michael Callahan is a writer and the articles editor at Philadelphia *magazine.*

Photograph by Fuse/Getty Images

Click Here Read more inspiring real-life stories at goodhousekeeping.com/blessings

©2010 AMERICA'S MILK PROCESSORS



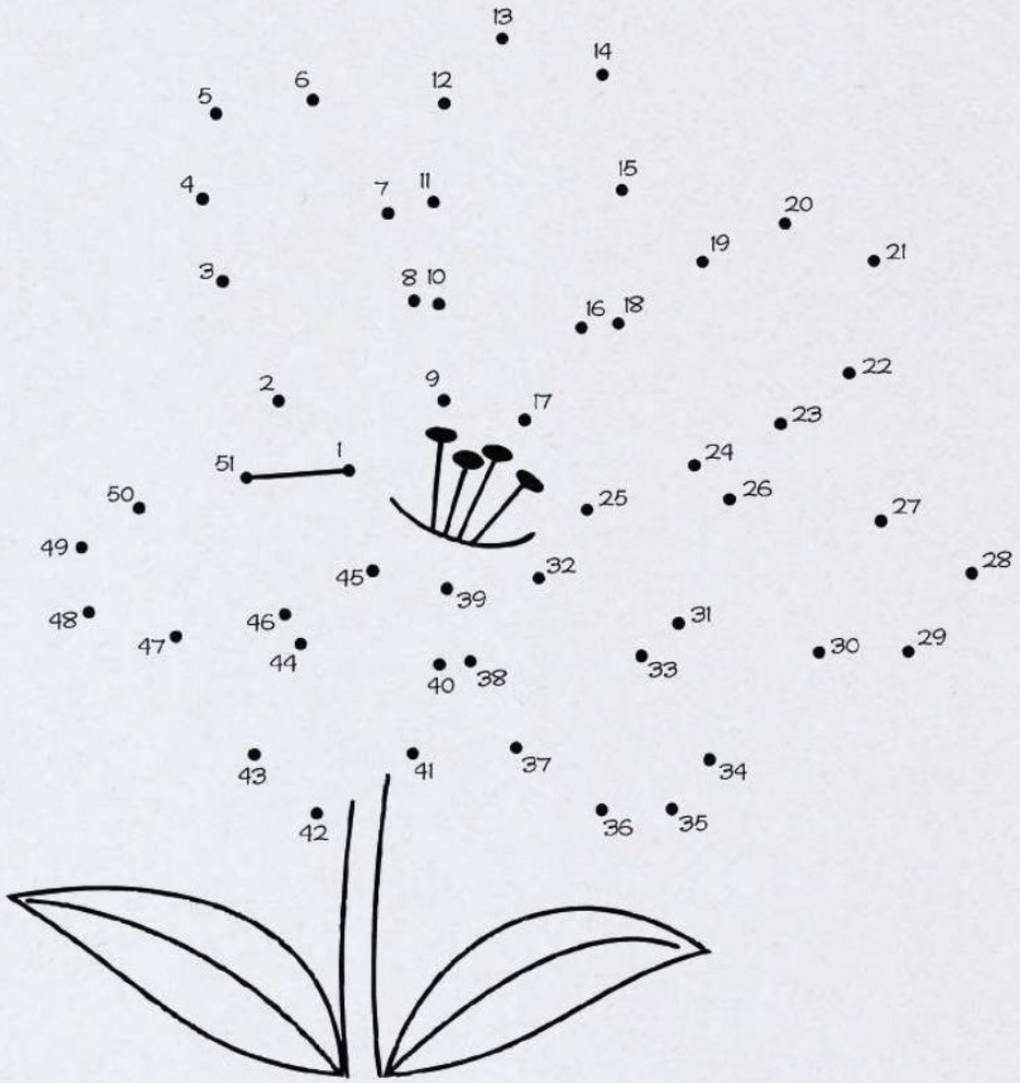
Double the goodness.

Milk doesn't just taste good. It's good for you. That's why lowfat milk is always on our family's table. So while we're goofing around at breakfast, we're also getting the protein and vitamin D in milk. And that's twice as nice.

GOT MILK?

whymilk.com/sprousebros

© 2010 Fruit of the Loom, Inc.



Some lines make a pretty picture. PANTY LINES DO NOT.



Cotton Stretch

FRUIT OF THE LOOM®

Banish embarrassing lines with Cotton Stretch panties—redesigned to stay hidden under clothes. *fruitforher.com*